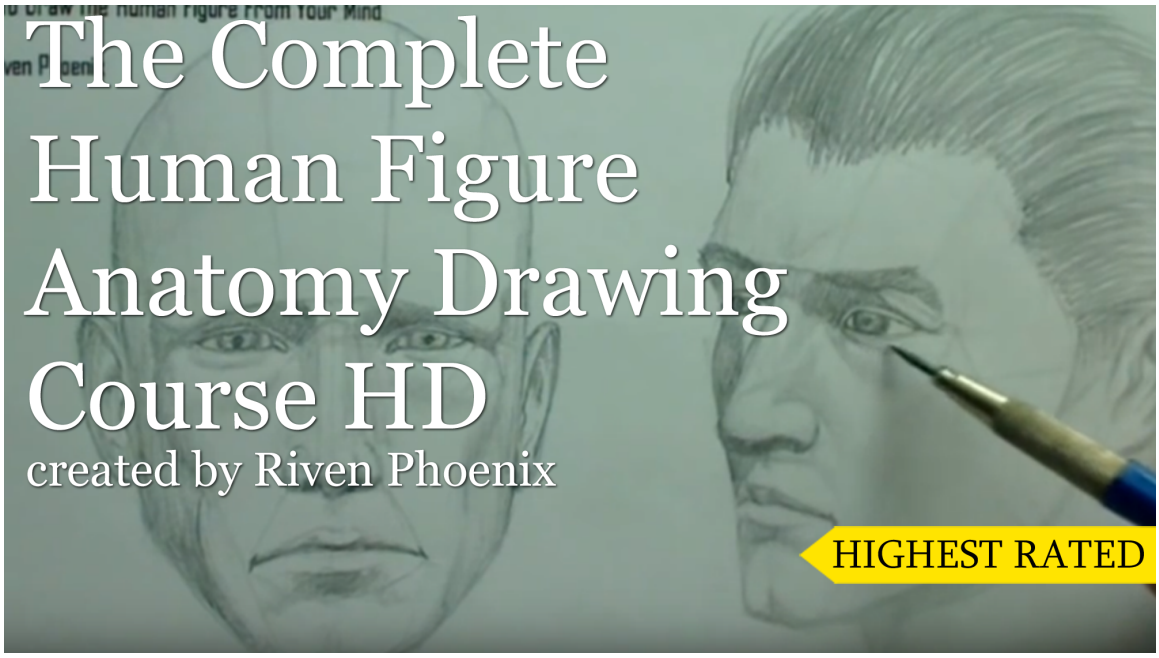

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 145 - The Muscles of the Arm - Part 7

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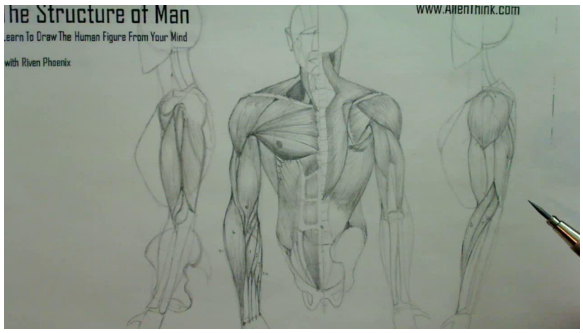
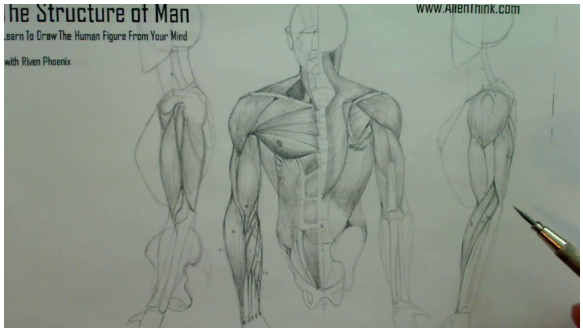
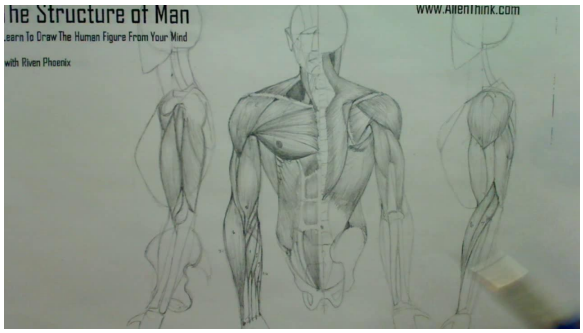
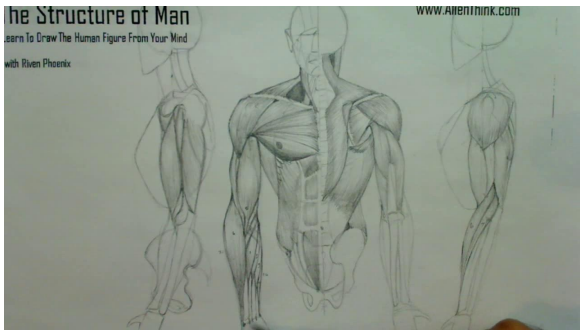
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man learned to draw the human figure from your
2		mind training course.
3		Okay, so in the previous lesson we have now conceptually understood and really imprinted in the mind how these muscles are wrapping around.
4		So we understand that these muscles here are going to be connecting over here and this is what happens to the side of the 6 and 7.

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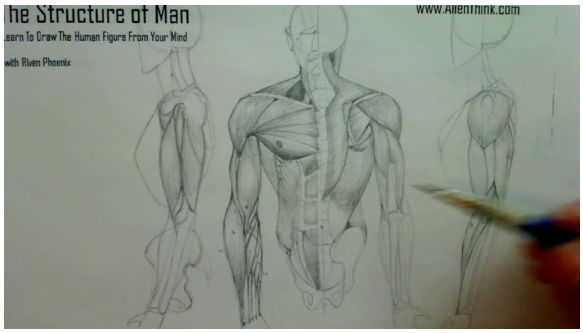
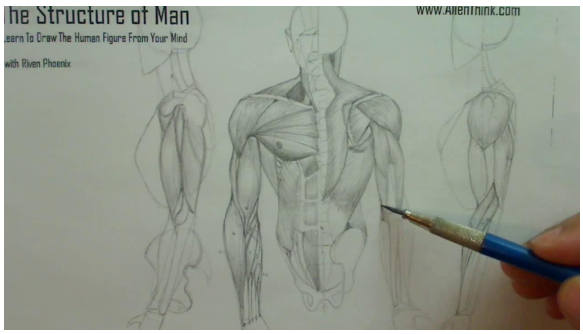
5		So now we're going to look at number 4. What happens to number 4?
6		Right, so here's that idea that we talked about for the funny bone that's going to be over here.
7		And this area here really is just this guy here, so he like starts to soften up this area over here.
8		And this is why you can get this soft area over here.

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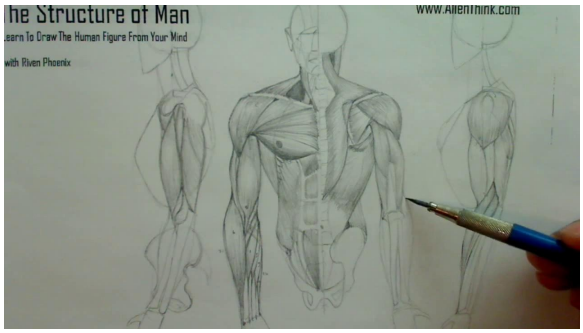
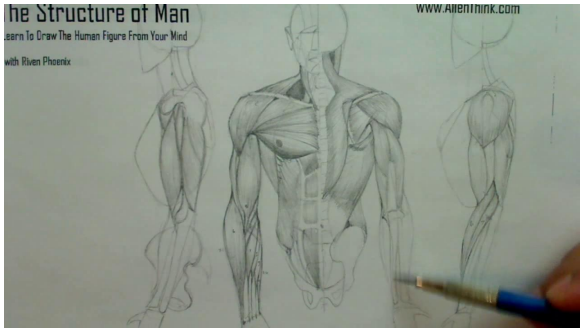
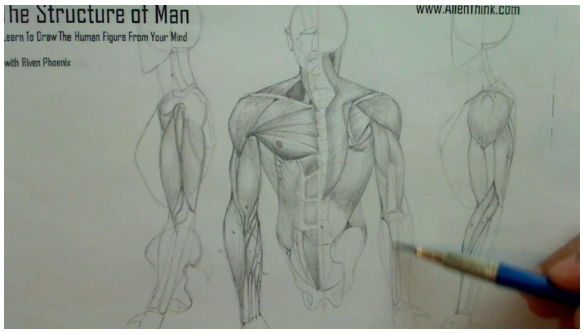
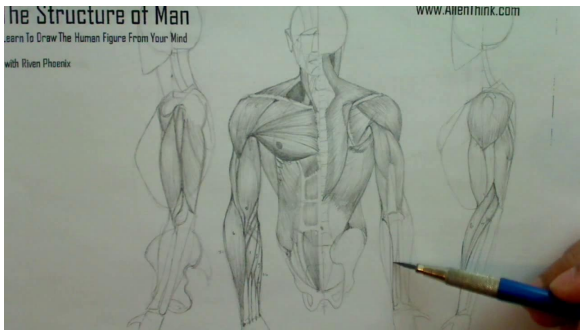
9		Okay, so now to understand this guy, what's happened is that he's still connecting over here to the funny bone and he's just basically going to be this big over here.
10		Right, but he's going to go back into this section over here.
11		So what happens is that when he does this, right, look, this is the bone for the ulna.
12		He's going like this. Okay, so that's why you're going to get this idea over here.

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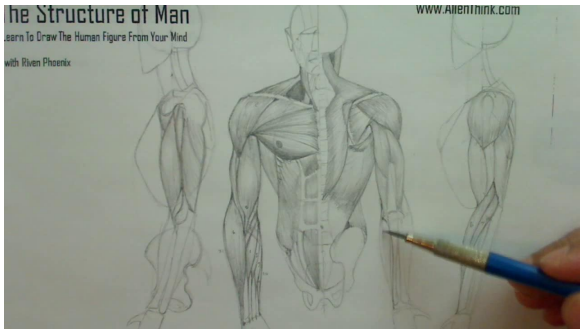
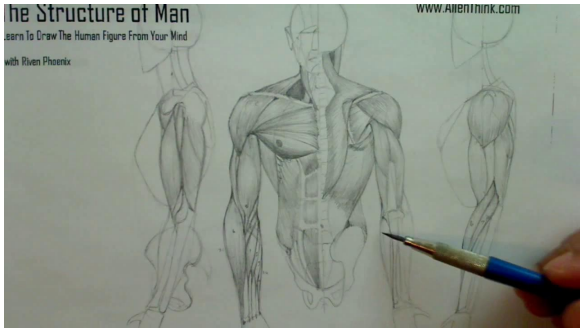
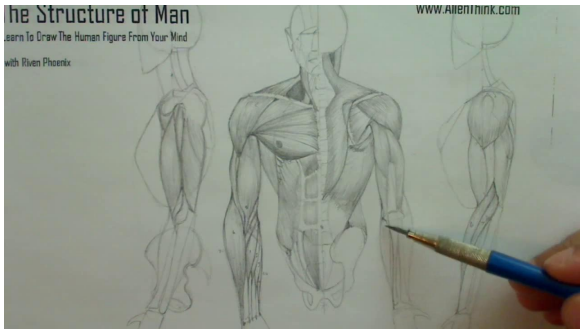
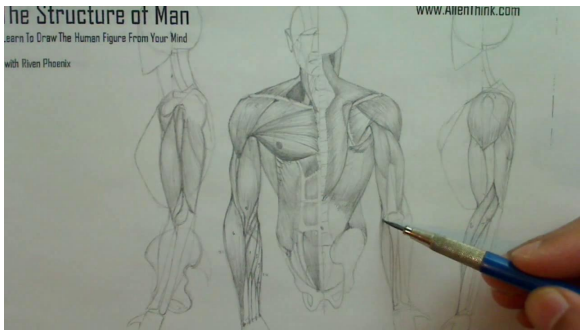
13		That he's going to be like this. Okay, this is why we're getting that puffed up idea because you're right.
14		So these muscles that I'm showing you here, right?
15		So these like you even get a little bit of muscle number three over here, right?
16		You'll see him a little bit like this, but he's just going all around over here and he stops being a muscle and becomes a tend over here.

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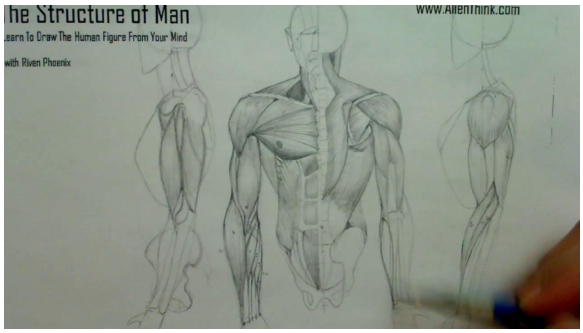
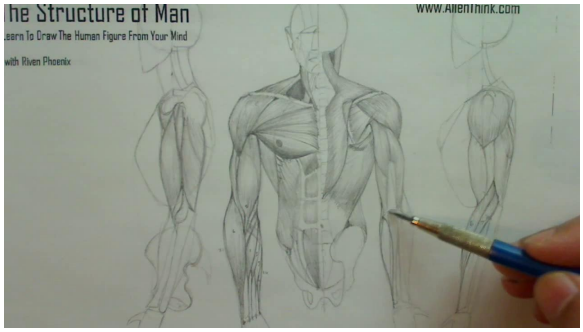
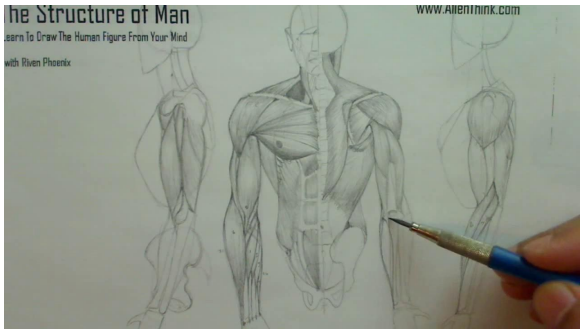
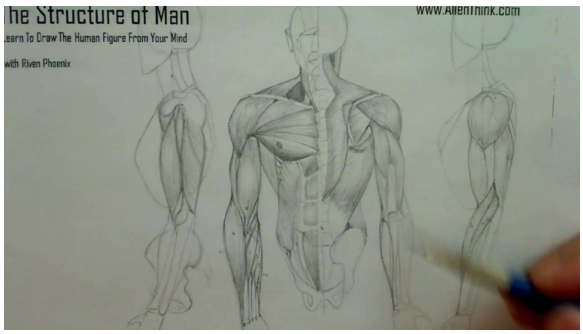
17		That's why you get this line as a thing about this is there where see this is where your elbow is right here, right?
18		Your elbow is going to be right over here.
19		Right, the thing to understand about this is that if you now take just feel from the the side here or your bone and try to follow all the way to the elbow, you start to feel this bone.
20		And this is because no muscle connects here. They actually intersect here and you get this bone structure over here peaking out, meaning that this is going to make a major impact on surface anatomy.

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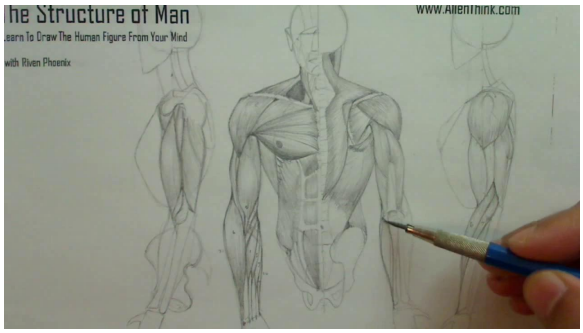
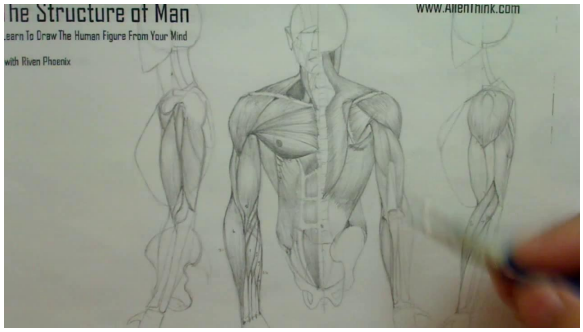
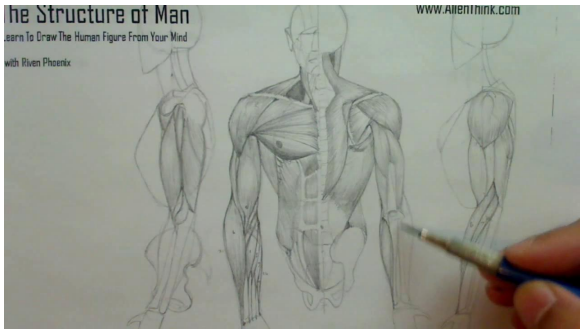
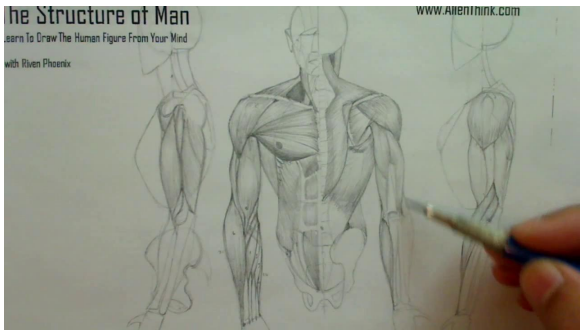
21		Okay, so keep that in mind and now you'll understand when you see this odd line on the on the forearm in someone's drawing to understand why why why was put in there because this is a major feature on the forearm that gives it that really cool look.
22		So what happens here is basically very simple, right?
23		First of all, here is the the system here that we put on the further tricep, right?
24		And we know that okay, these guys here are now those guys is going to be six and seven, right?

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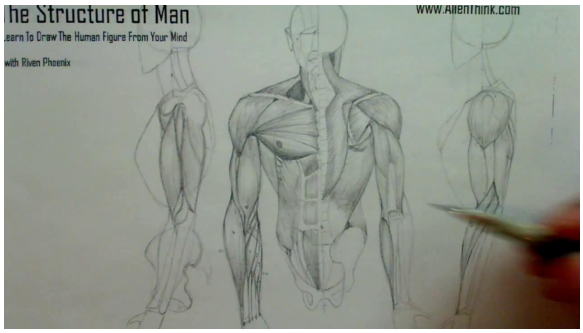
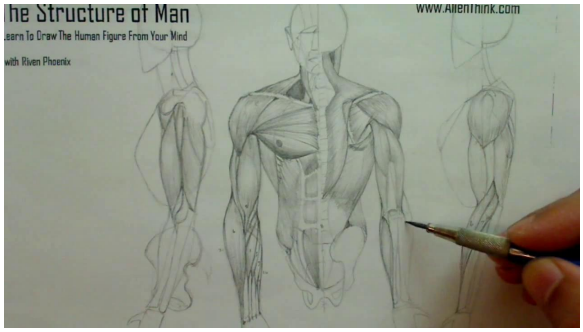
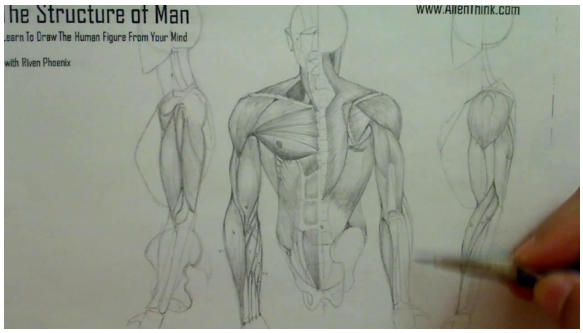
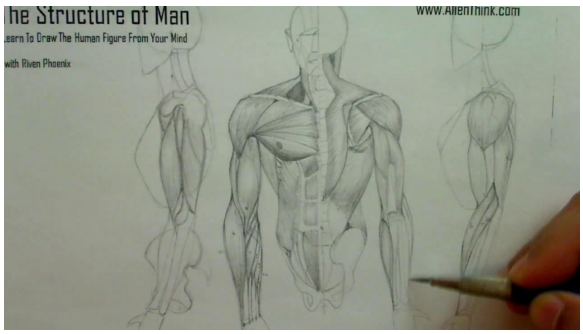
25		So we're going to see the the seventh one is going over here and he wants to go over here.
26		So you're really not going to see too much of these guys over here, but they're going to split up like this, right?
27		So over here, I'm just going to draw that like this then.
28		Okay, we understand each he just went over there to the thumb.

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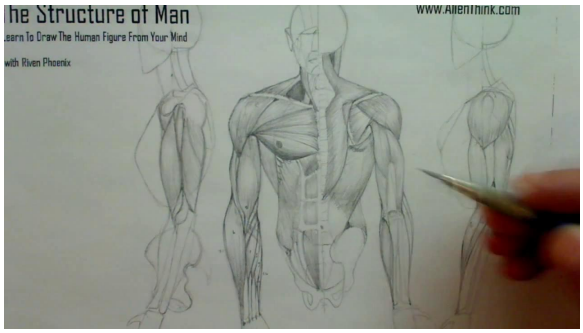
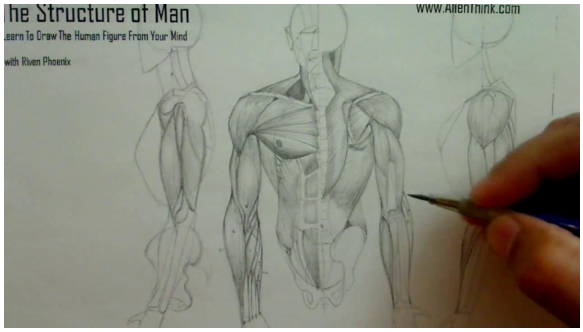
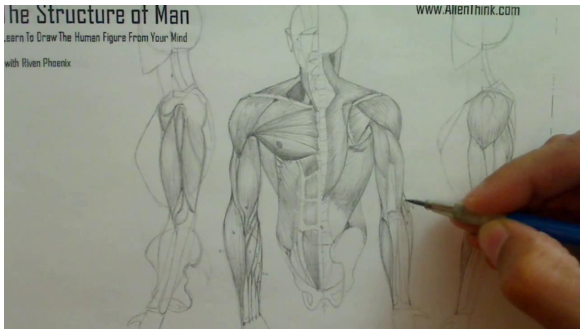
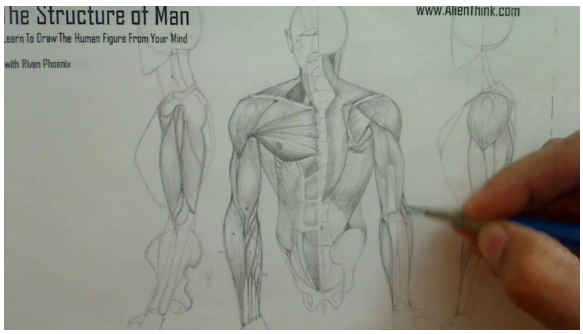
29		So this is seven and this is six.
30		Okay, I'm going to put six over here.
31		Okay, here we're just going to make that a muscle.
32		Okay.

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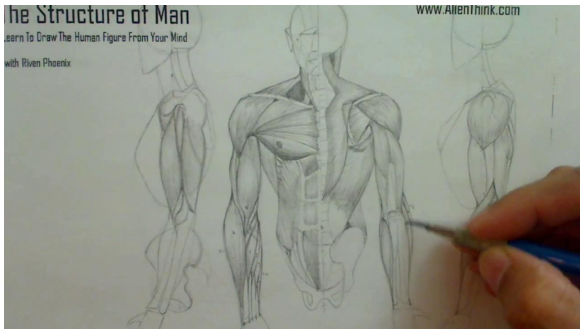
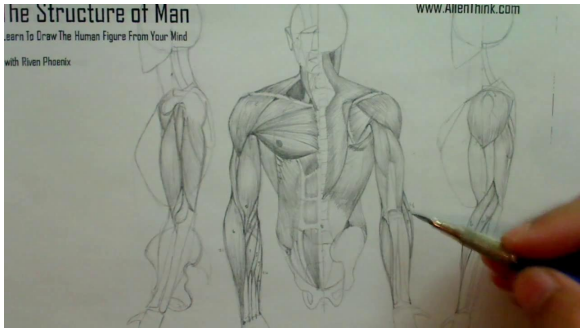
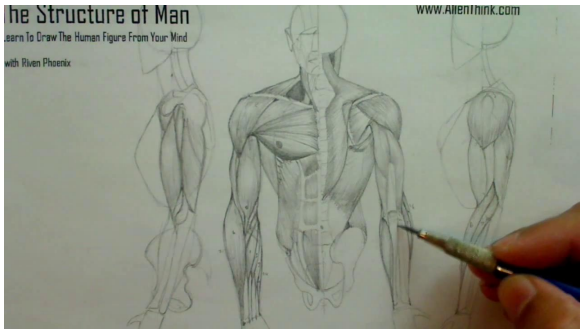
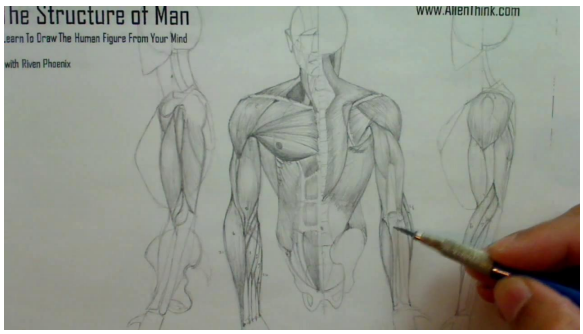
33		And then over here, he's just going to go like this over here like this.
34		So what happens here is that see where this all is and then you got the radius on the other side.
35		Basically, you're going to get kind of like this hole over here.
36		So what's going to happen is that where this is connecting, right?

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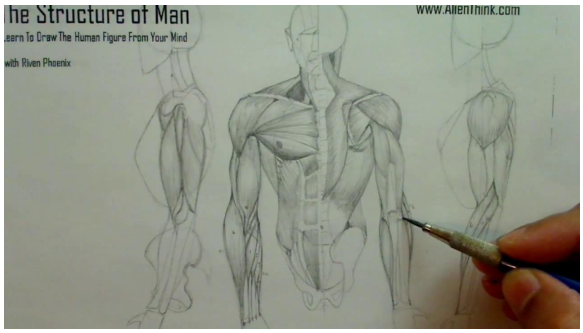
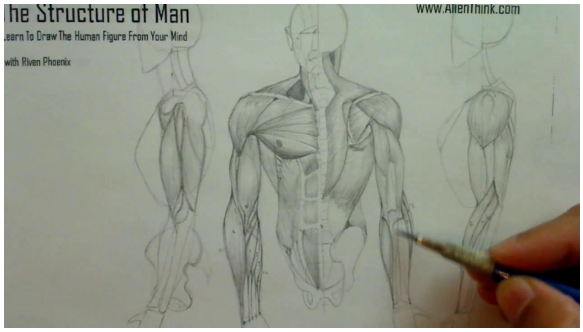
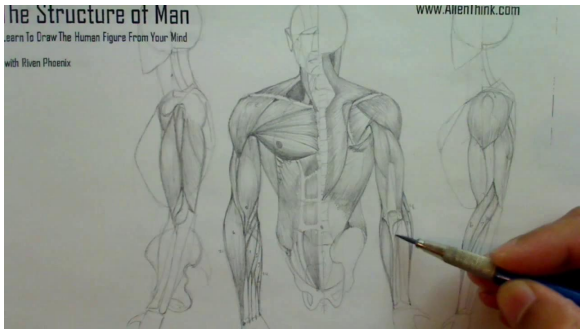
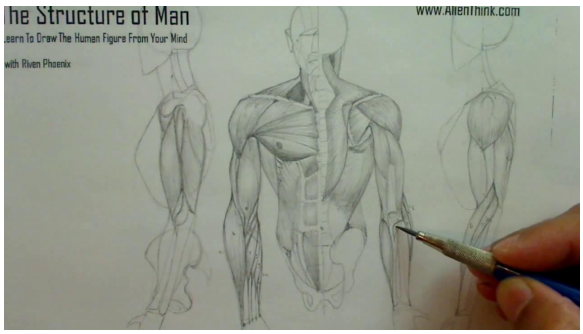
37		Every they're going to get all the muscles now connecting over here.
38		So you're going to get like this triangle muscle first.
39		This is muscle A.
40		Okay, we're going to call this muscle A.

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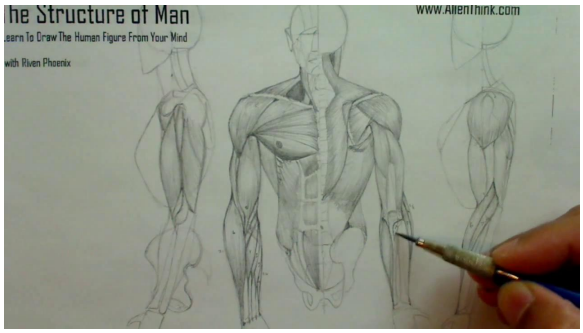
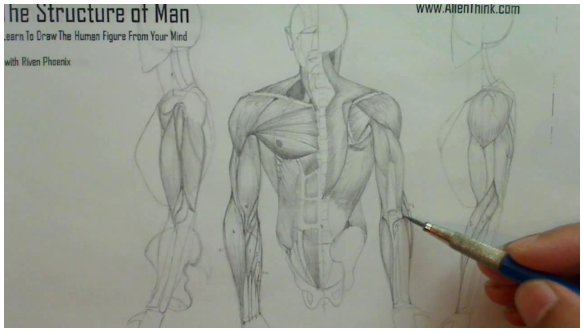
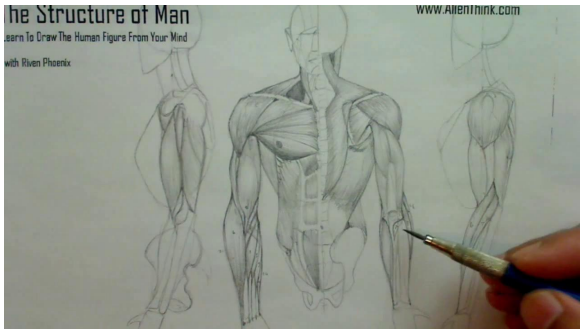
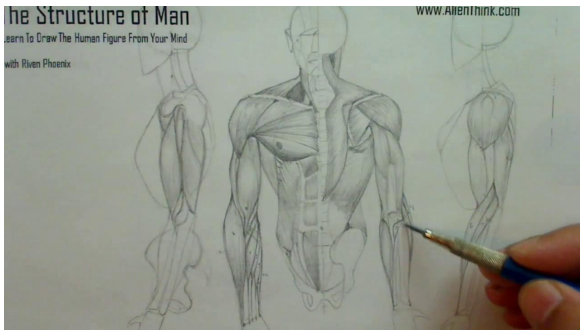
41		So the first muscle you'll get is always remember the guy who's on this side, the other side.
42		Okay, he wants to get here on the small part.
43		So this guy is simply just going to be this muscle over here.
44		That's just going to come like this and he's going to do the same thing become attended.

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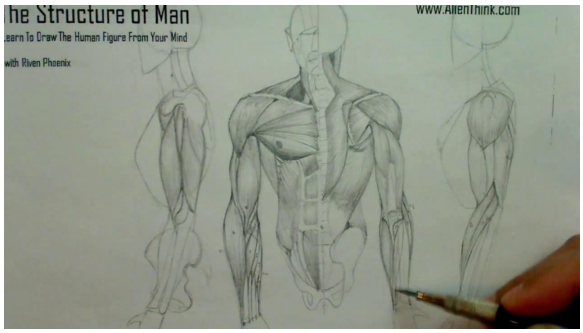
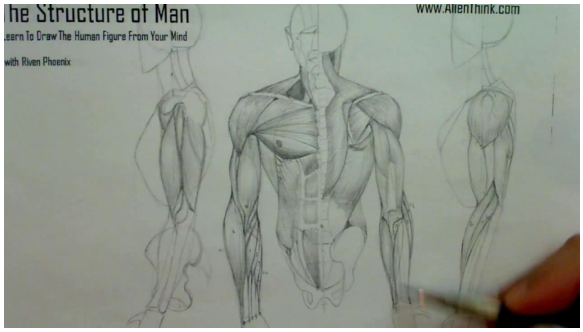
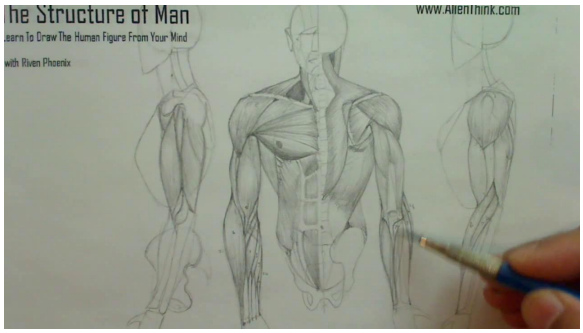
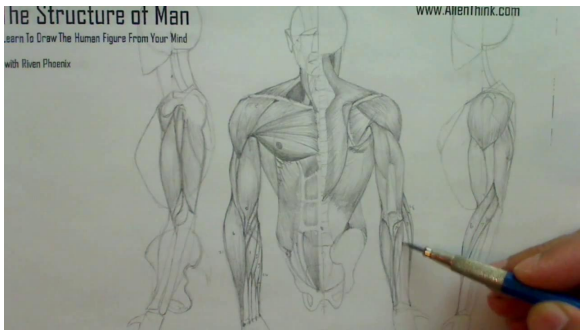
45		Right, look, but he's going up against the other muscle, but there's this is why the bone sticks out over here.
46		Right, because these two muscles collide, but the bone gets in the middle and that's why you can feel that junction.
47		So he's going to be just going over here like this.
48		Okay, so it's job.

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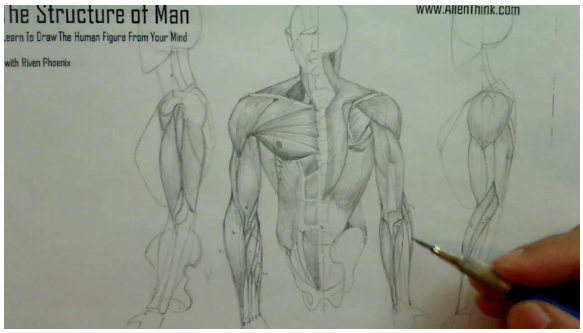
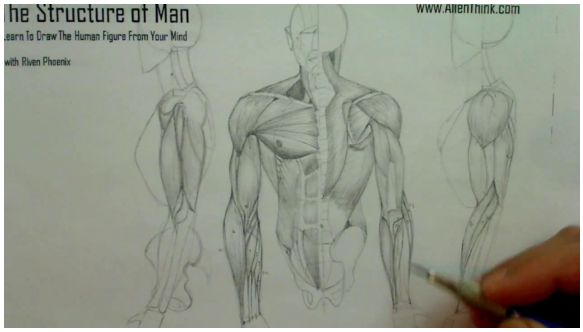
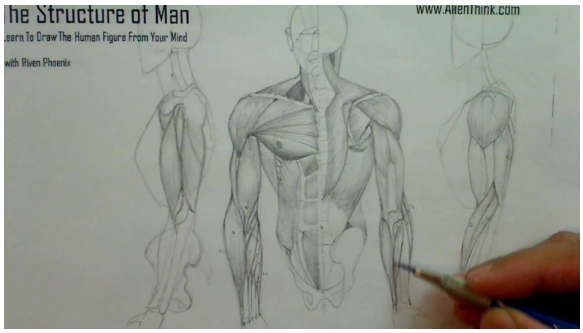
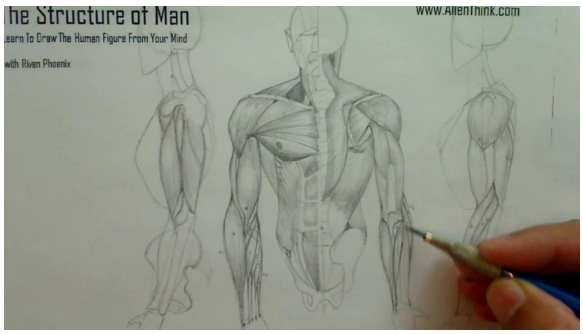
49		That's all.
50		That's all this guy is going to do is just come over here and he's going to do this side over here.
51		Okay, so this is going to be a look he comes out from here.
52		Okay, this is the major feature again of the forearm that over here you got this guy over here.

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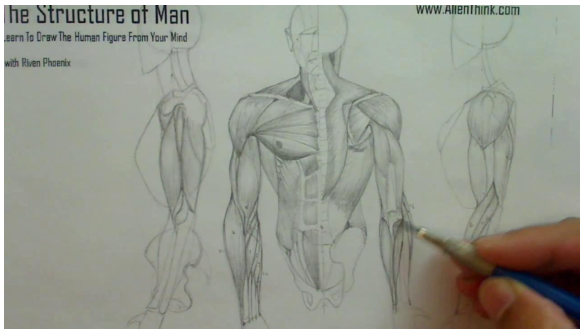
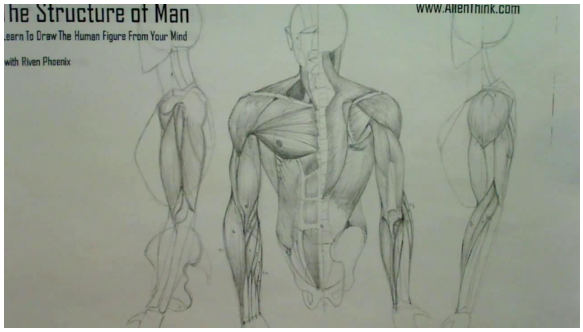
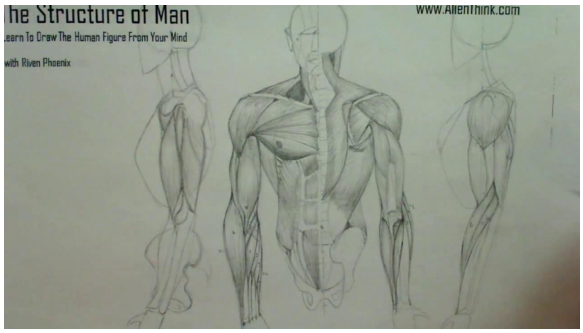
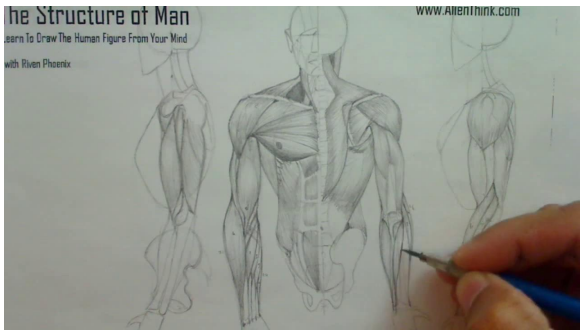
53		Okay, he's coming out a look how dark it's starting to get because this is there's a there's a ditch in here that you're going to notice on on on the back even of your elbow.
54		If you feel the back of your stretch or arm out feel the back on the other of the elbow you start to feel this ditch and this is where what's happening over there.
55		Okay, so now what we're going to do is just clean up some of this idea so we can get ready for the next muscle.
56		Right, so here we want to make this a little more darker over here saying that we understand about this ditch system.

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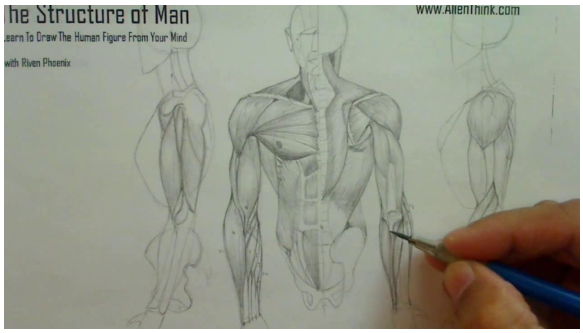
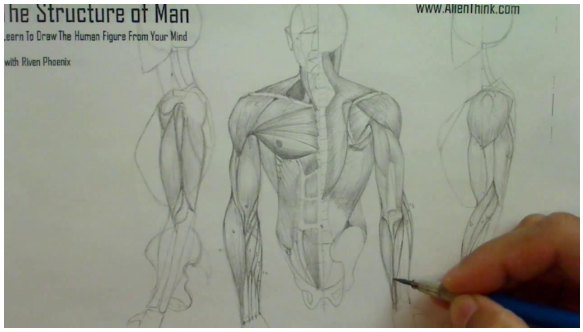
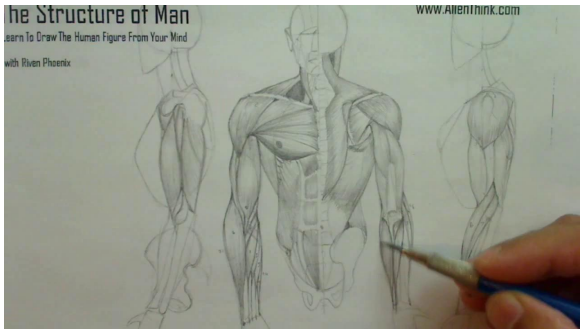
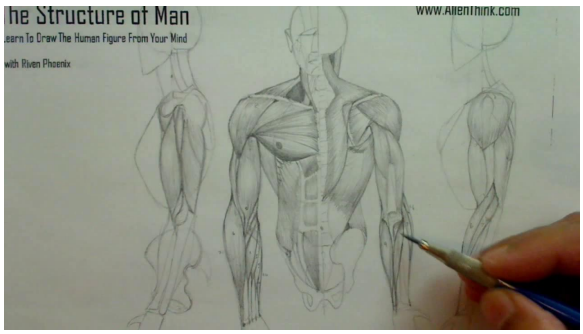
57		And we understand that this these two muscles are colliding.
58		He's going about his way he's going about about his way over here.
59		Okay, so this muscle is number four.
60		Right, so he is a over here and he is B.

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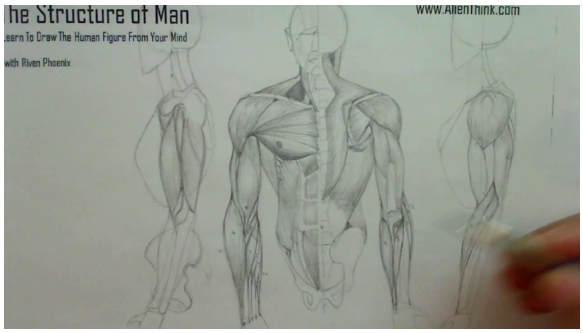
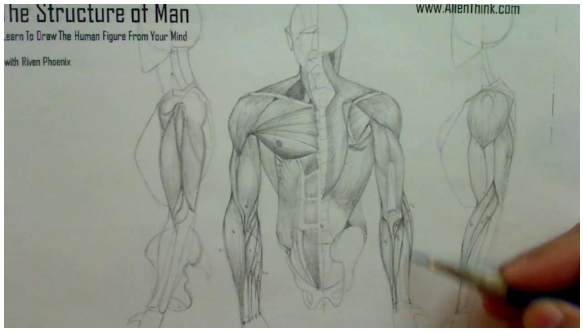
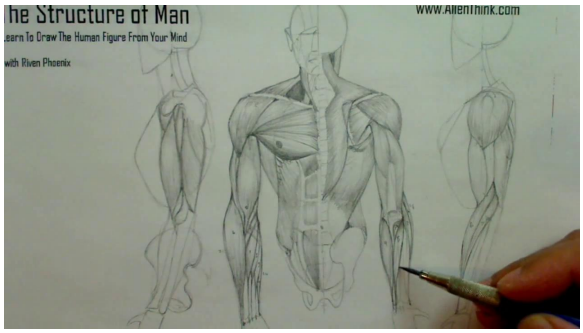
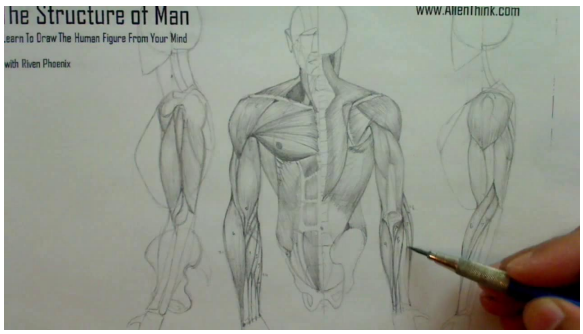
61		So now you're going to get another muscle and this muscle is going to be another heavy muscle that's going to come over here.
62		And what happens is that when he comes here he just becomes three different tendons.
63		Right, so he's again going to do the same thing, but he's going to go like this.
64		Right, so he's going to be kind of big to like this.

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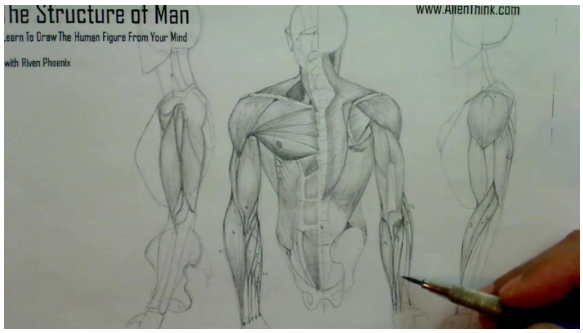
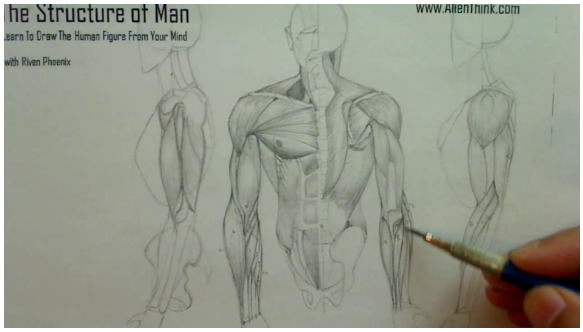
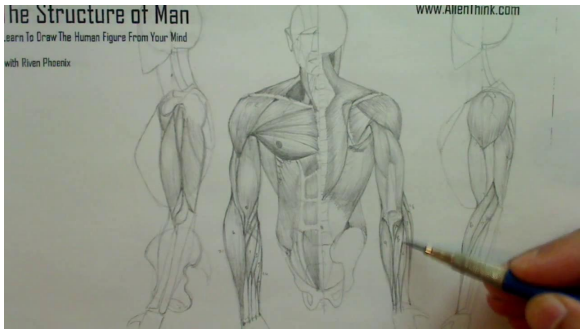
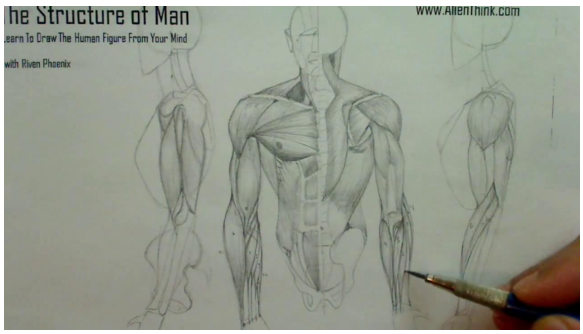
65		Just understand that they all become tendons over here.
66		Okay, so this is muscle C.
67		So here we're going to put this idea down over here like this that we understand that this is just going to be like this.
68		We're going to get muscles C.

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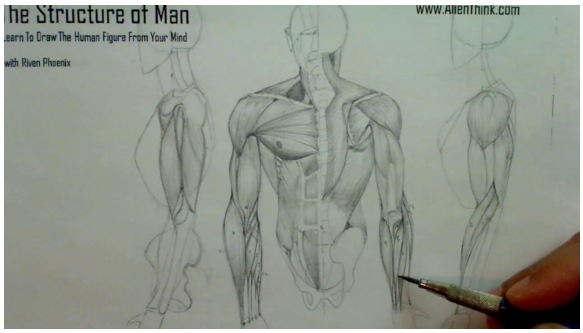
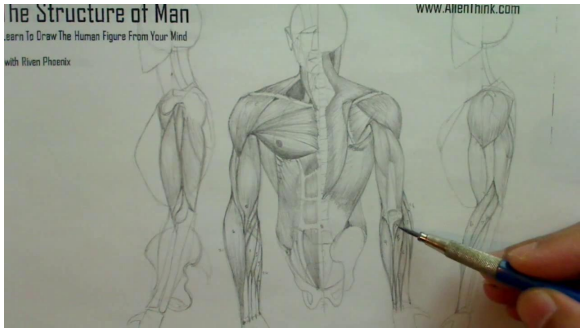
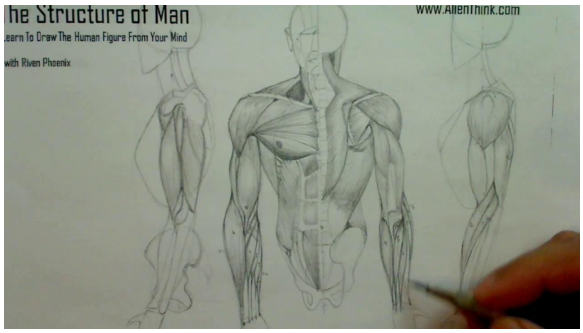
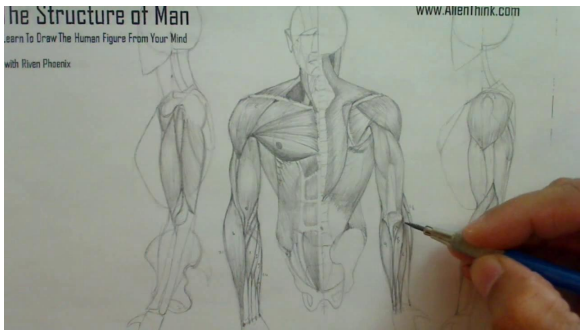
69		Okay, so this is very easy to understand.
70		A, B, and C are muscles that connect to the palm, the top of the hand, and seven muscles connect to the bottom.
71		Okay, so now something is going to happen over here.
72		See this where this junction is?

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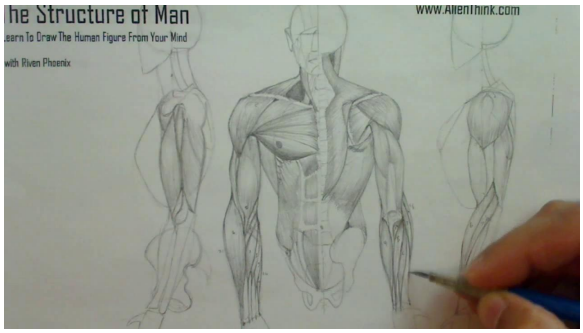
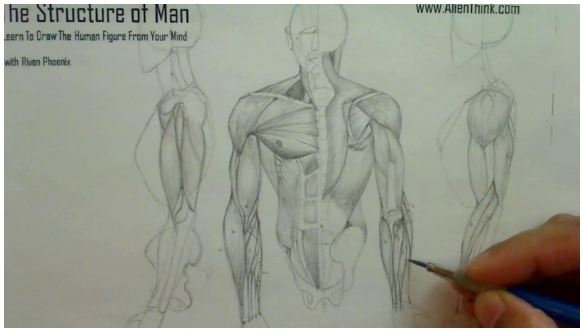
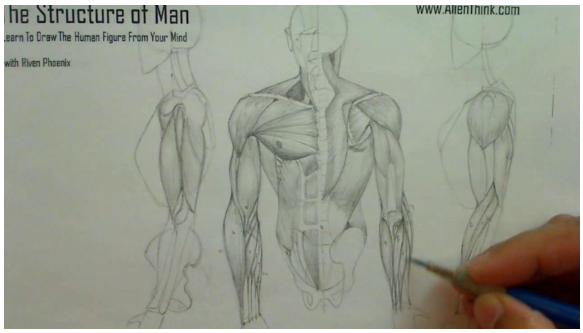
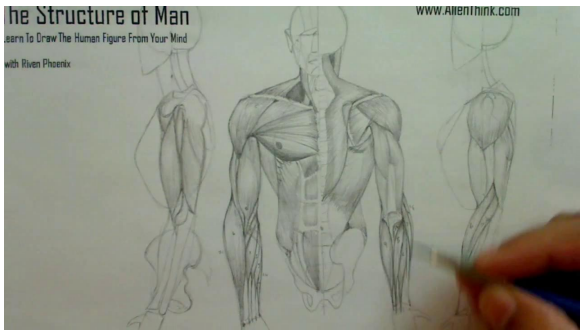
73		Automatically where you get this and this you're going to get another muscle.
74		And this muscle is connecting again to the top.
75		Okay, but the thing is that when he's going about his business, right, he's going about his business.
76		All of a sudden you're going to get right here where this junction is two muscles that are going to come in the way like this.

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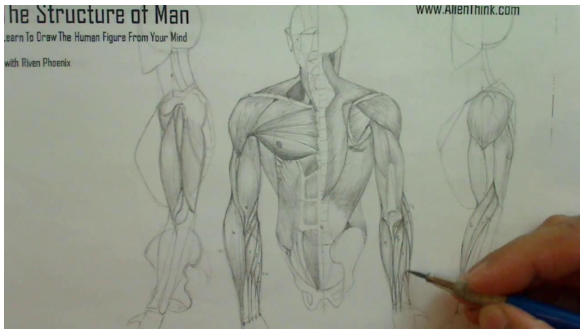
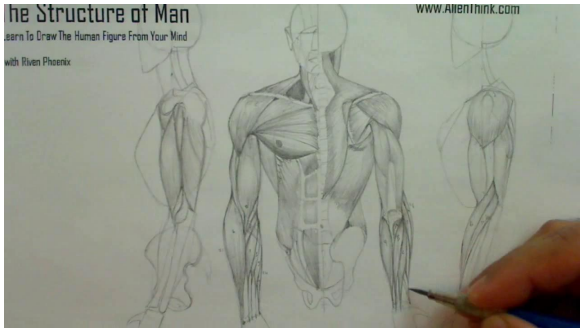
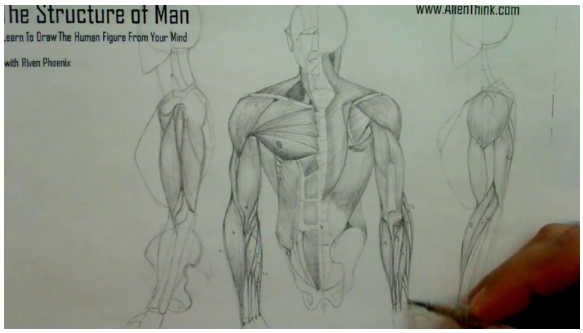
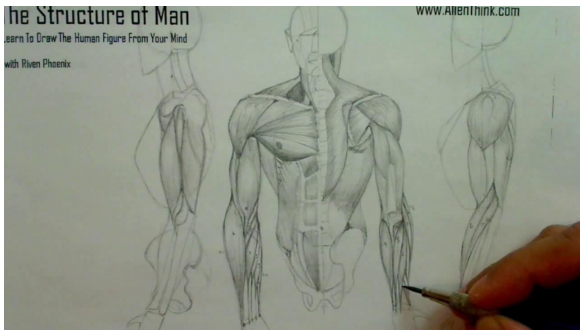
77		Okay, and that's all they do.
78		They just come in the way like this, but look how they're going from the elbow to the top over here.
79		They're just going to be here on the side.
80		And that's it. This just becomes your area for the wrist.

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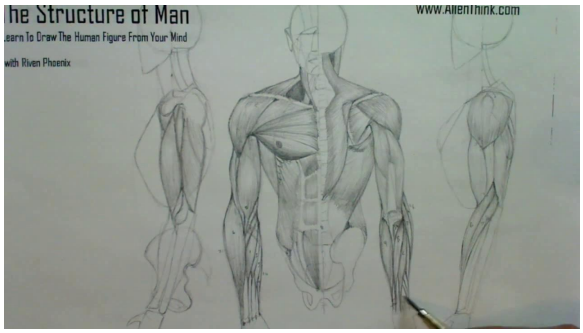
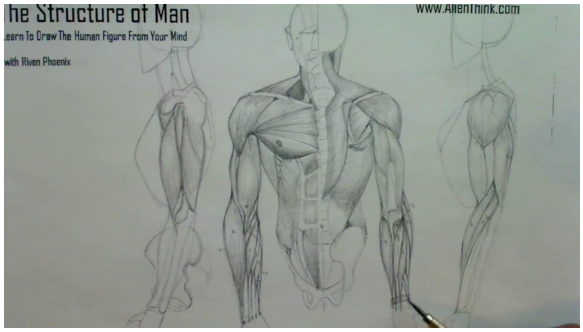
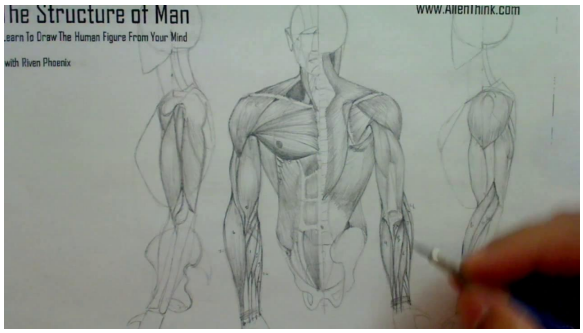
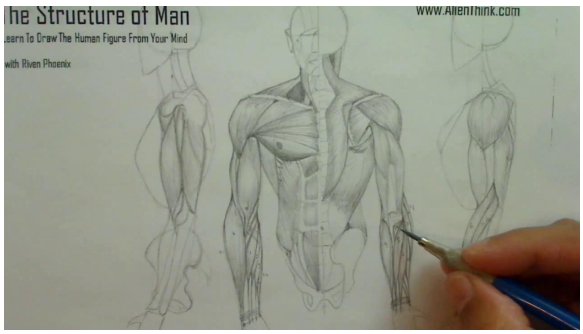
81		You'll get like a wrist band over here on the hand.
82		Right, so your anatomical books will have this wrist band over here.
83		Right, so this is C and this is D.
84		So I got A, B, C, D, and then over here I'm going to say this is E and F.

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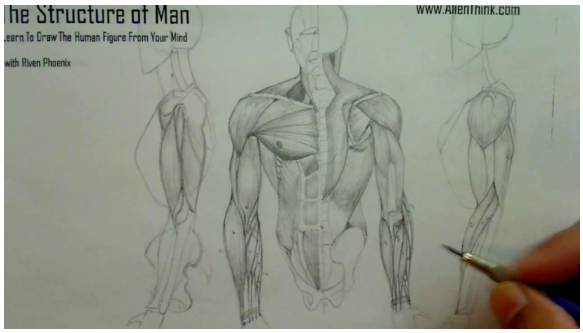
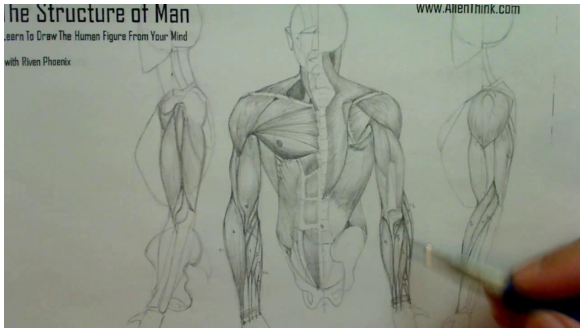
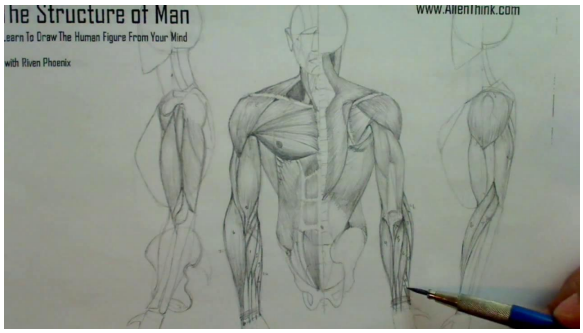
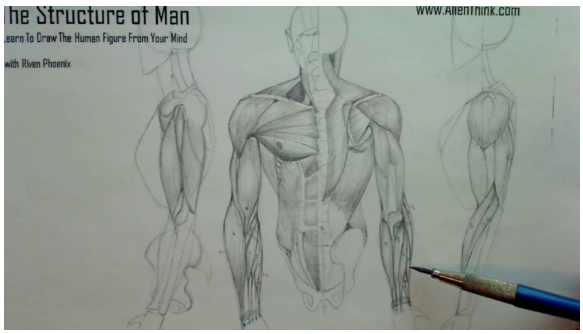
85		Right, so we got one, two, three, four, five, six.
86		So if you, right, so seven muscles that connect to the palm and then we got A, B, C, D, E, F, six muscles that connect to the top.
87		That's all there is to understanding how this system is going to work on the top.
88		Okay, because this is we're mapping this.

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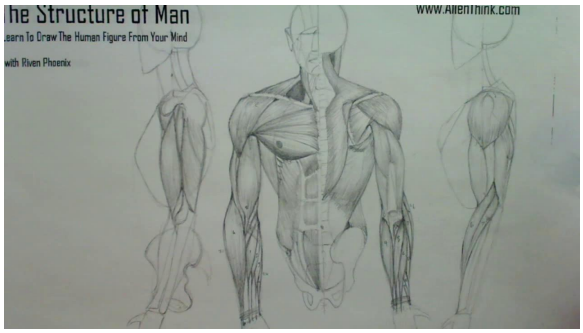
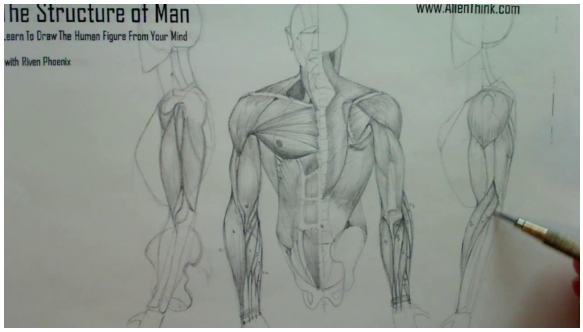
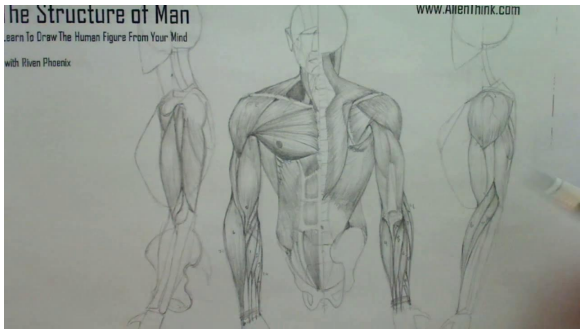
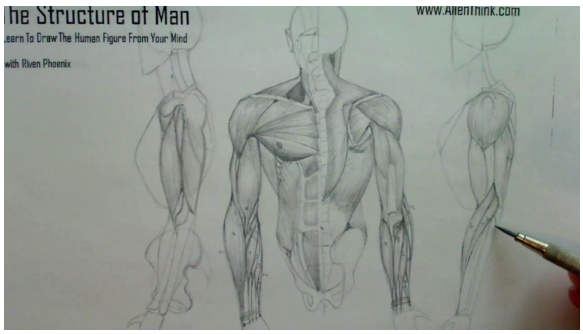
89		So guess what's going to happen over here?
90		Right, we just need to now take this information.
91		We know that, okay, well, right, you're saying we said that, okay, we're going to get this muscle A over here.
92		Right, over here, it's going to be just like this triangle over here.

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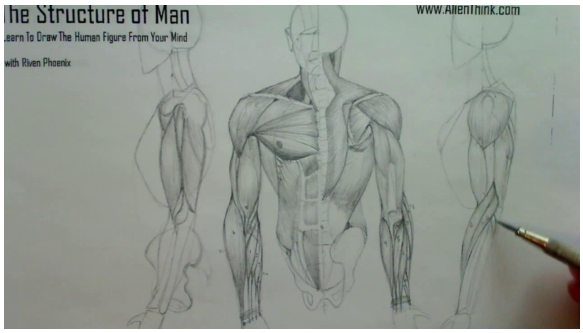
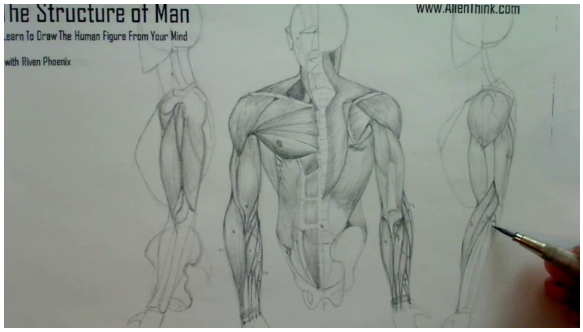
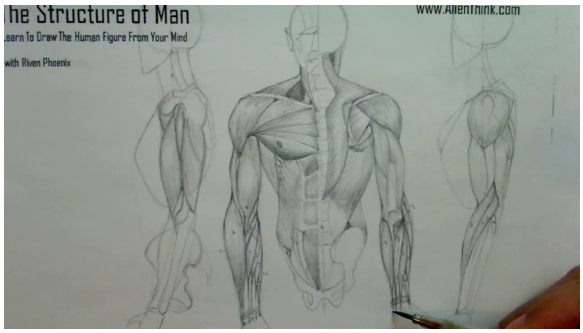
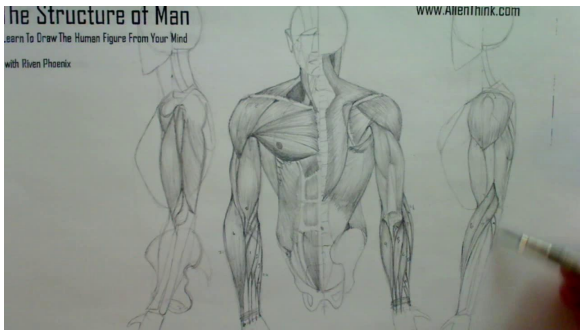
93		So we're going to say that, okay, look, this is muscle A.
94		Then I know that what we remembered is that from this day to the, the B muscle from this ditch wants to end up always on this side.
95		So he's going to just go about his business over here.
96		Right, so look, look at this.

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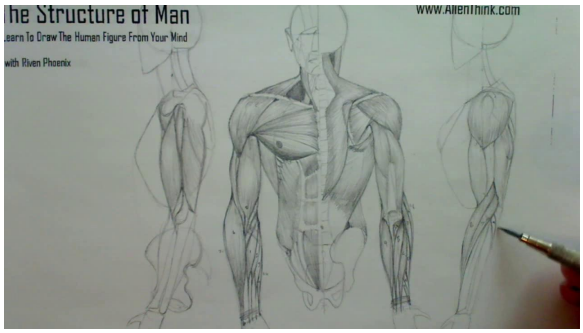
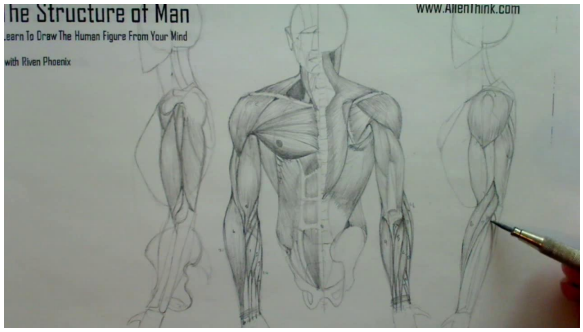
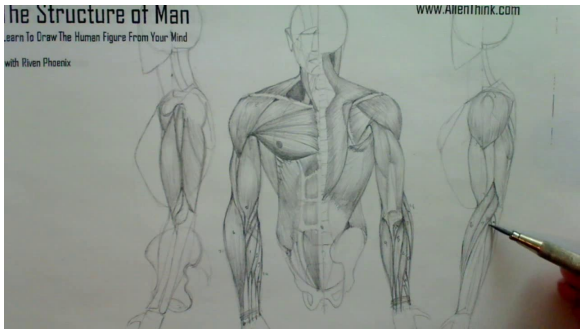
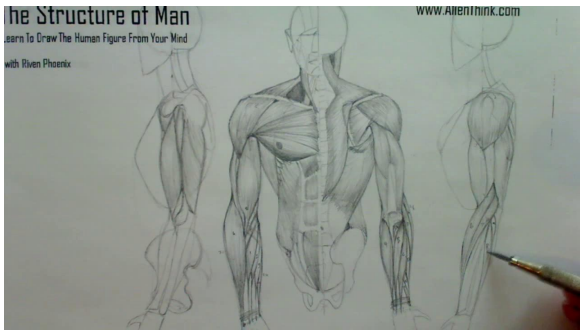
97		This is why we did this is because this guy is now coming over here and he wants to go over here.
98		Right, so you're going to get basically the same ideas here.
99		So this is B.
100		So why did we do this?

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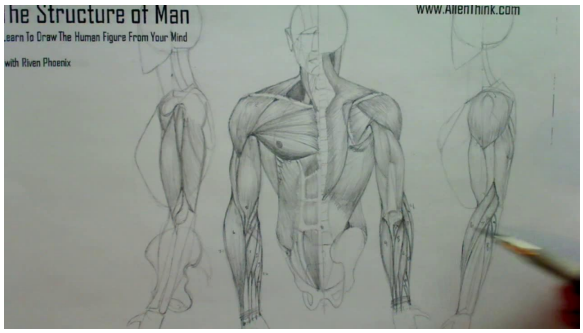
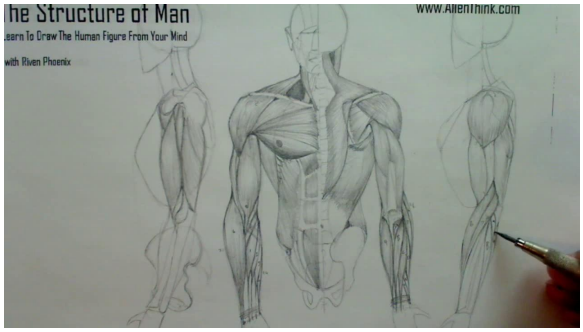
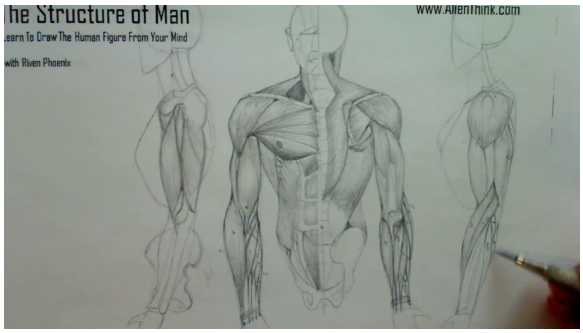
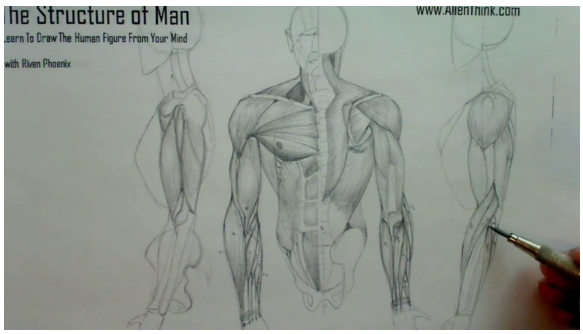
101		Well, because he's four, right, four is going to show up a little bit on this side.
102		That's why.
103		Okay, so we got B here.
104		Then here we're going to now get C.

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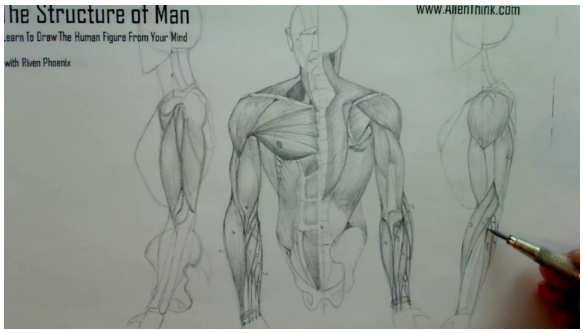
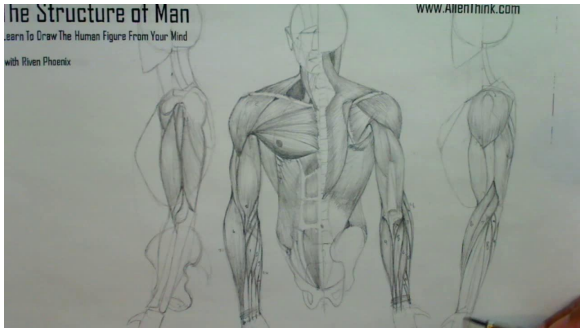
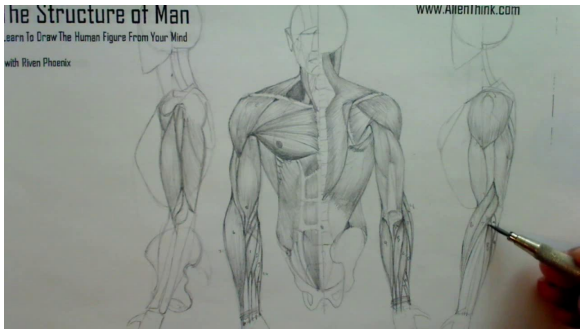
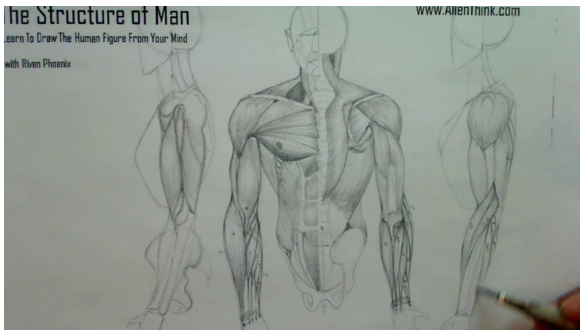
105		We always know that C is always going to become the top of the hand.
106		He's going to become those three tendons over here.
107		So we know that, okay, well, this is easy.
108		This is just going to go like this over here.

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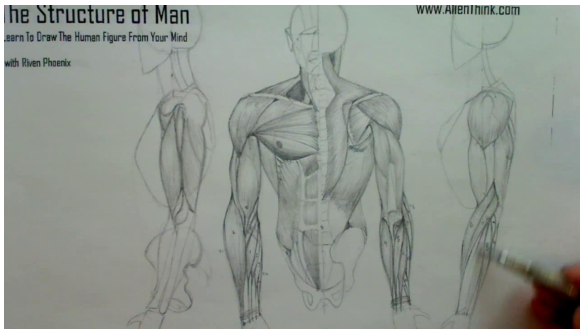
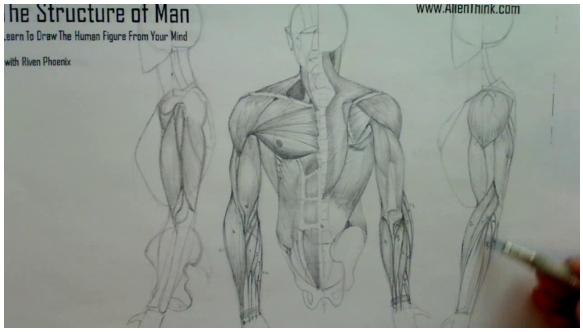
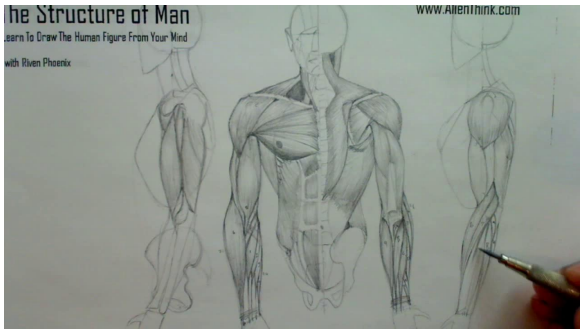
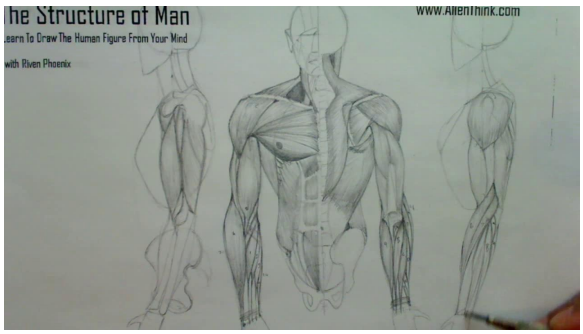
109		Like this, right?
110		He's going to go.
111		He's going to be kind of like this big muscle.
112		He's going to become like a tendon again.

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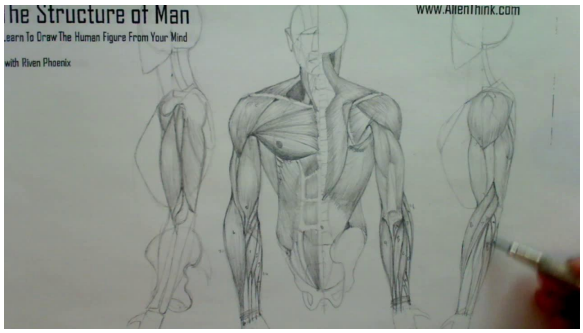
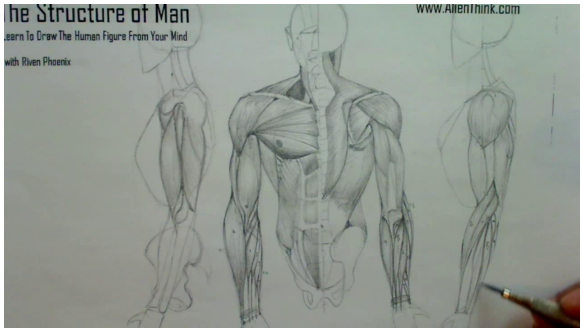
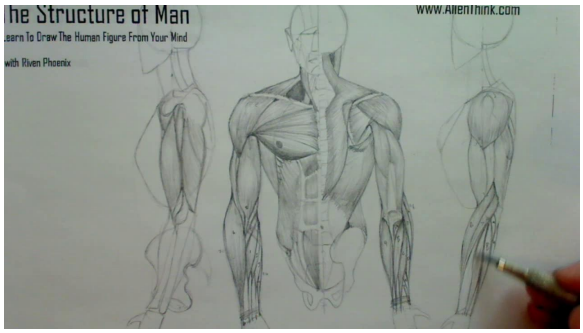
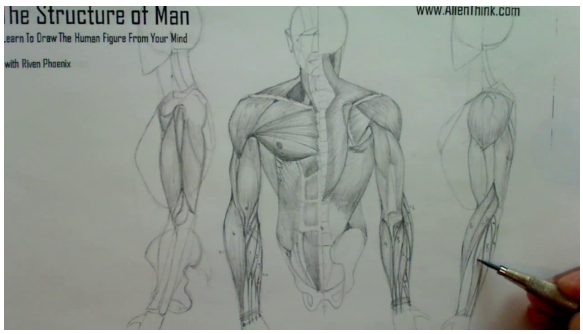
113		Just like over here.
114		Right, and this B muscle is going on the top here on the side.
115		So this is just going to be like this.
116		So this is going to be C.

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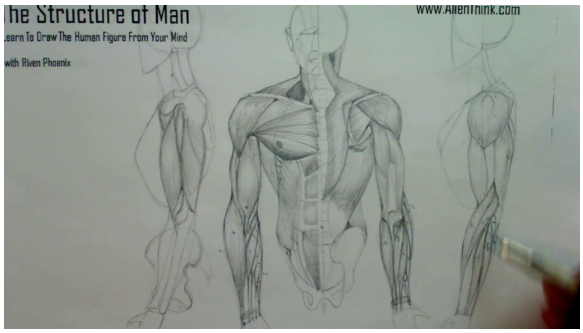
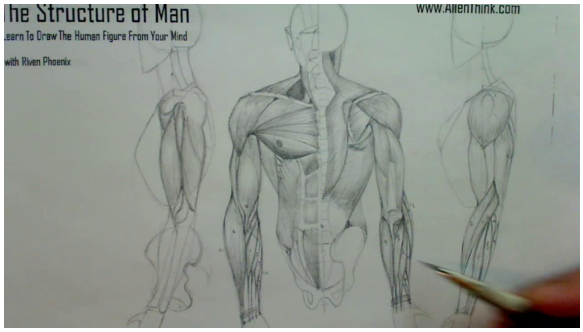
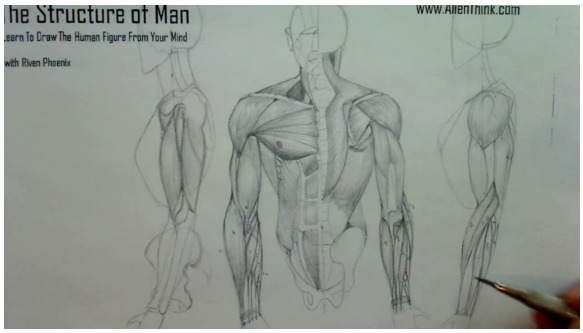
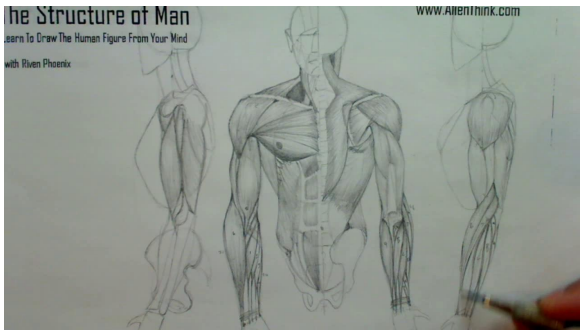
117		Then I know that we talked about D, right?
118		This is D.
119		So D is going to come back and he wants to connect to the side.
120		And he's just going to come like this.

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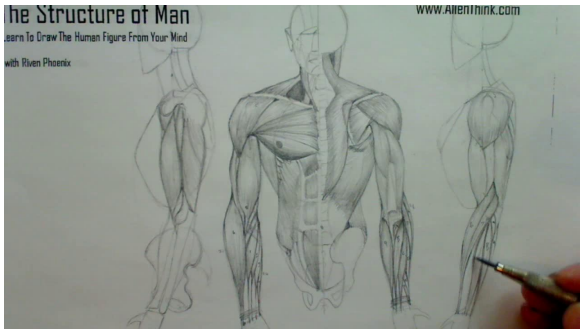
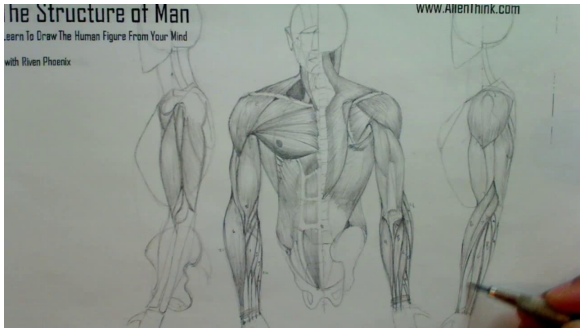
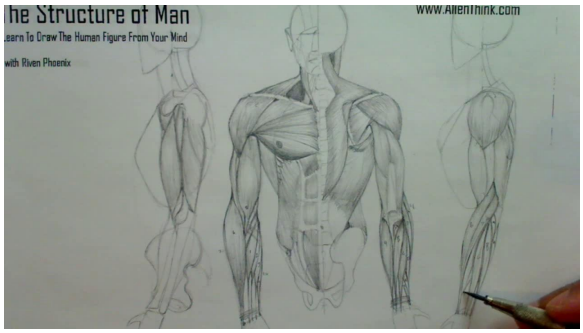
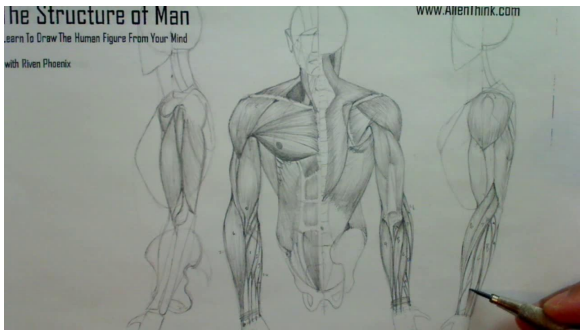
121		But when he was going about his business, all of a sudden,
122		you got these two guys coming in the way.
123		They're just going to go like this and attach here to the side.
124		You're going to get one and two.

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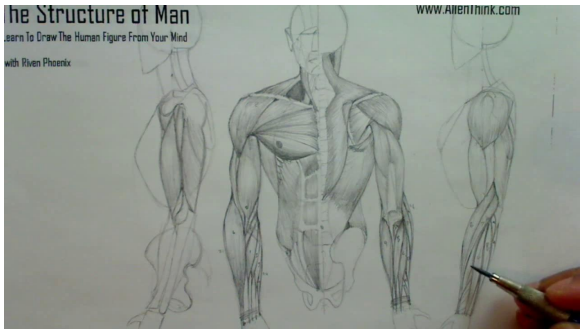
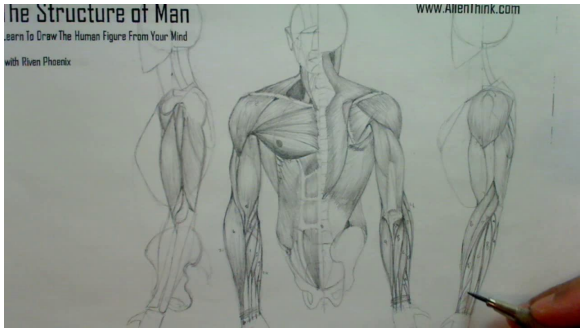
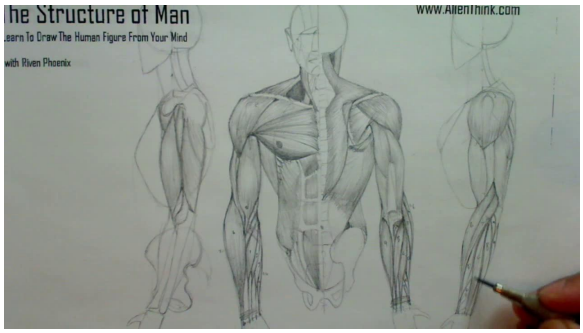
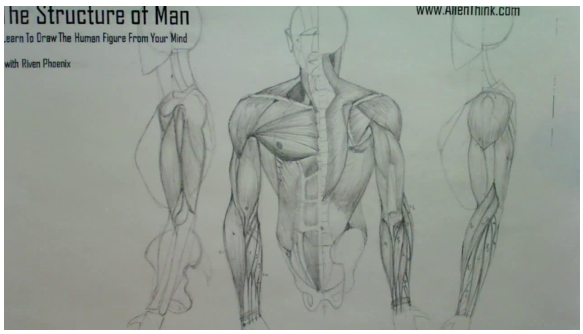
125		So I got D over here.
126		Then I got E and then F.
127		And that's it to understanding what's going on.
128		Right?

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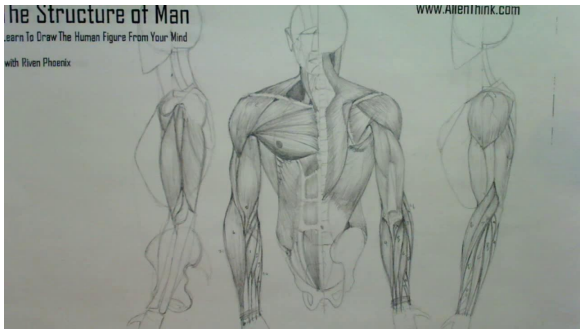
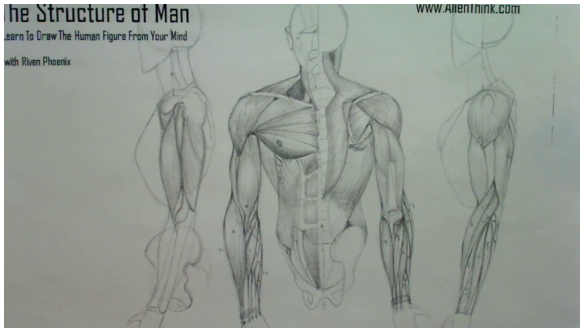
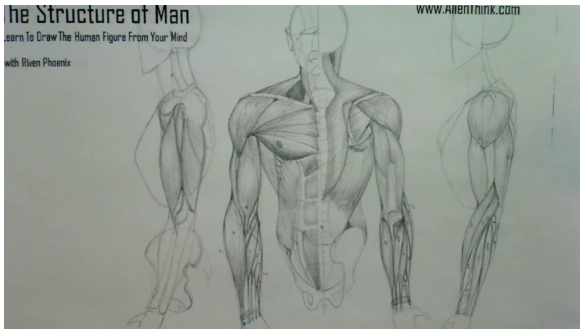
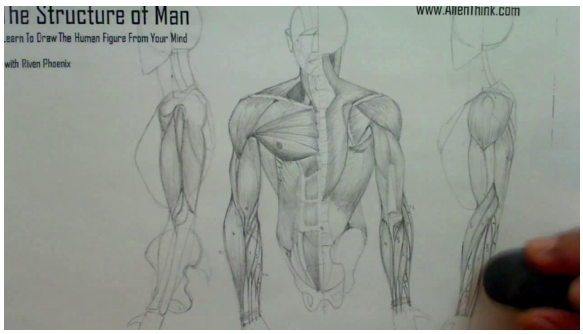
129		That's how easy it is to wrap this stuff around your mannequin.
130		Just understanding the bone structure,
131		and always get it right.
132		So here I'm just going to now just fix this stuff.

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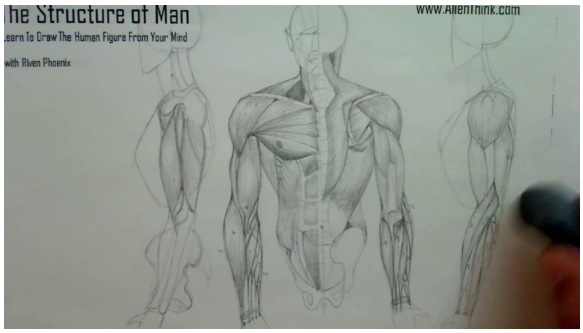
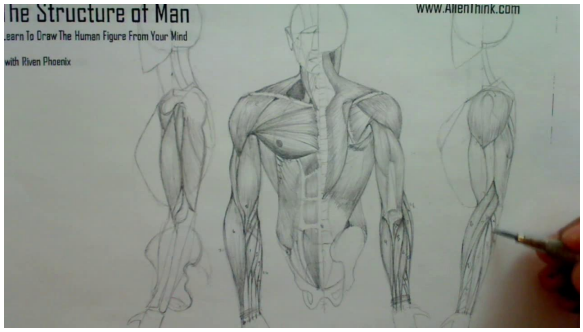
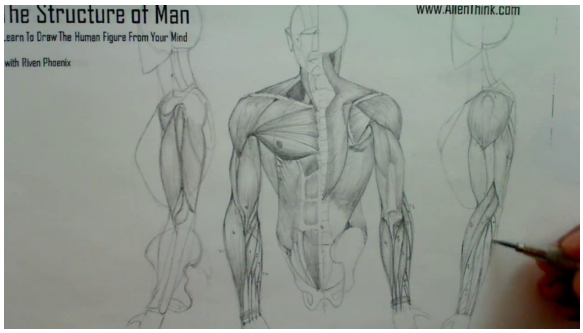
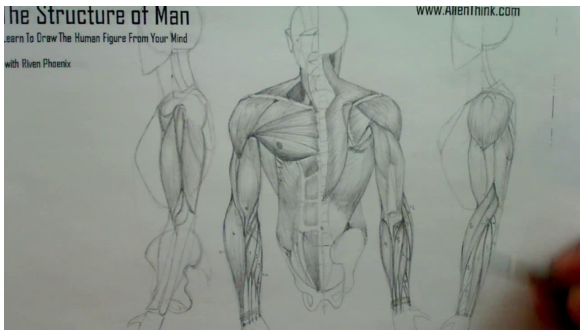
133		Obviously you can see this clearly.
134		Right?
135		So here this is going to be over here.
136		B.

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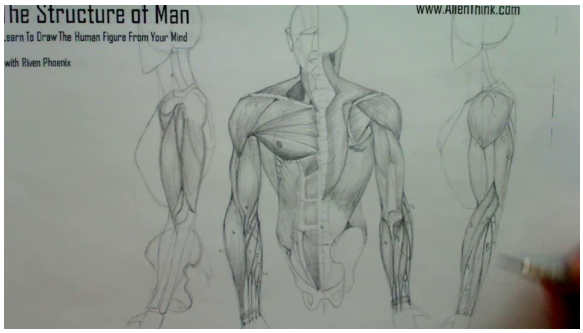
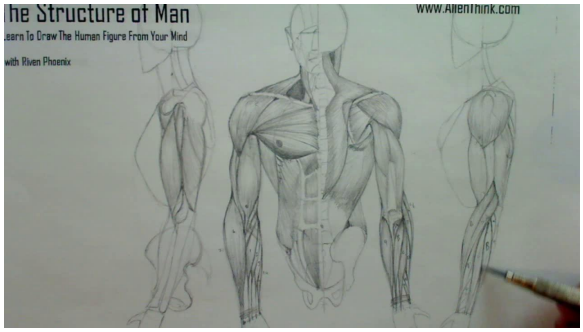
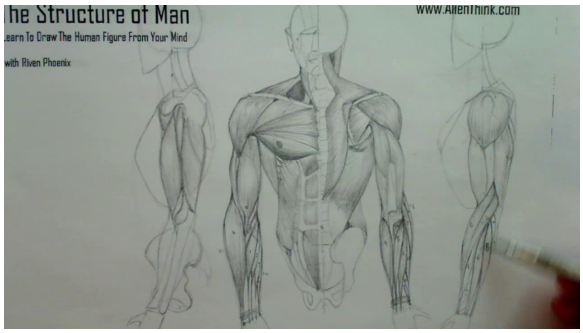
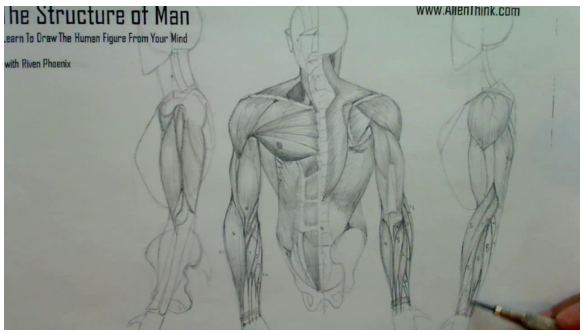
137		And then over here.
138		This is going to be C.
139		Just going to make this into a muscle over here.
140		And this just becomes three tendons.

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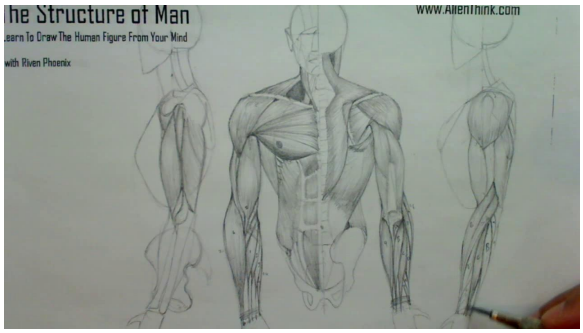
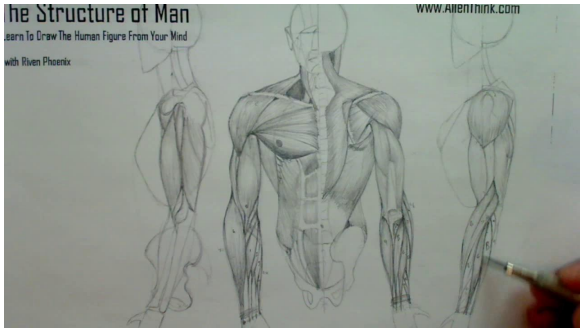
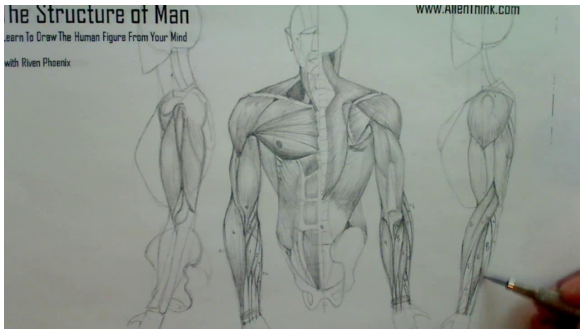
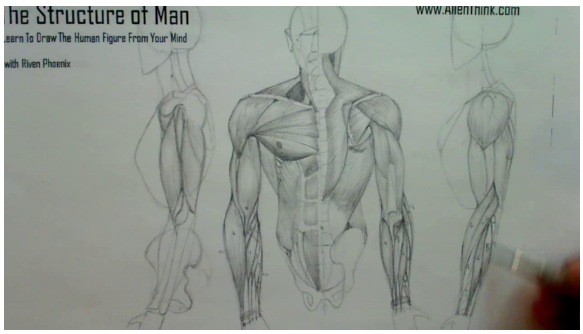
141		Remember, that's what happens to this guy.
142		Tendons meaning that, I mean, it's just going to be in the area of the wrist.
143		So we're going to see much.
144		Right?

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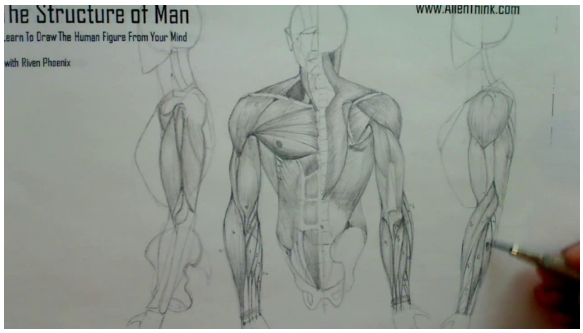
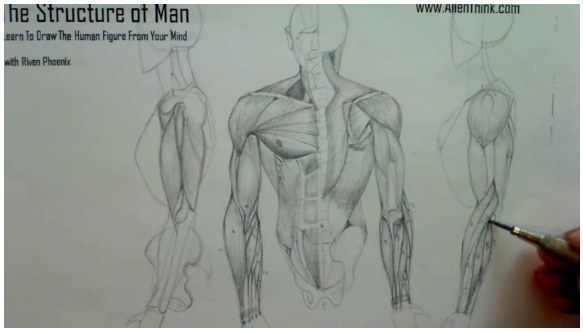
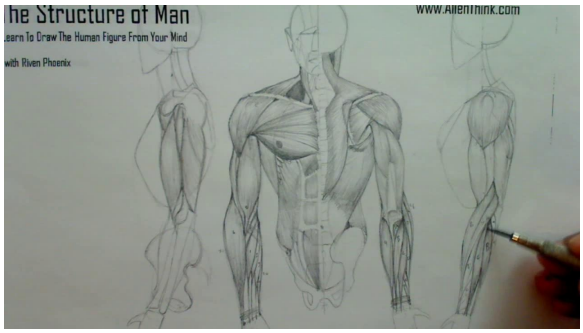
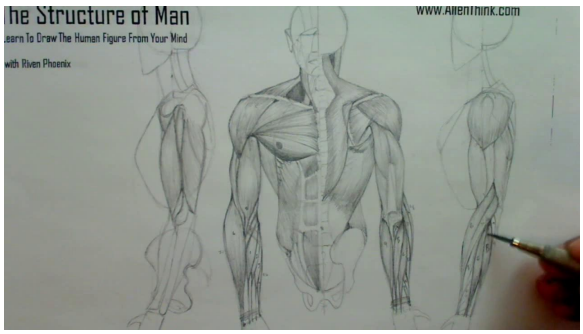
145		So this over here is going to be listing.
146		Now look at this.
147		Look at this.
148		What's going on over here?

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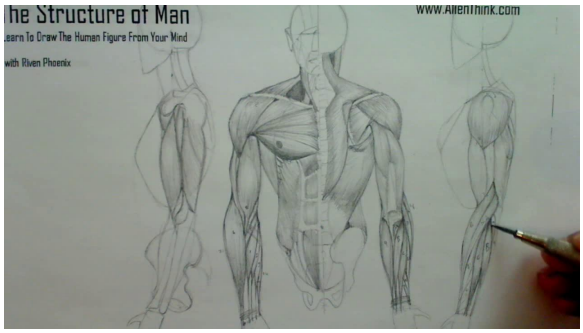
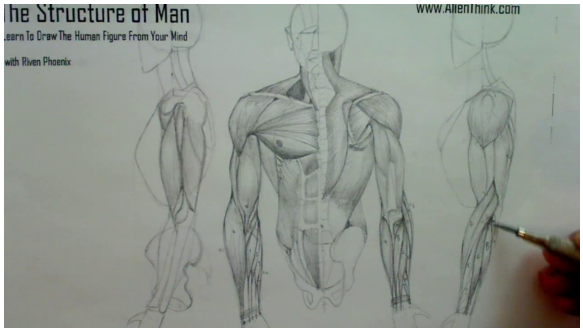
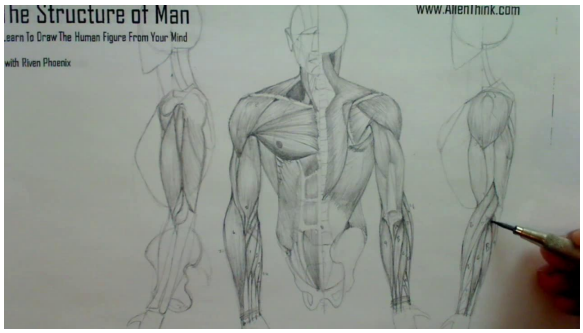
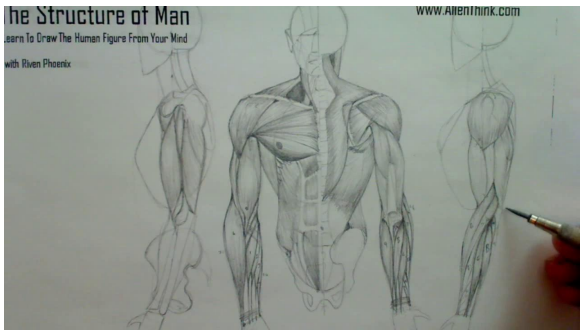
149		You're going to get the ditch area again.
150		Right?
151		This is A.
152		This end here is your elbow.

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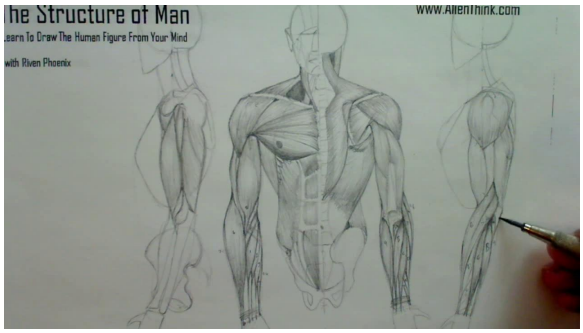
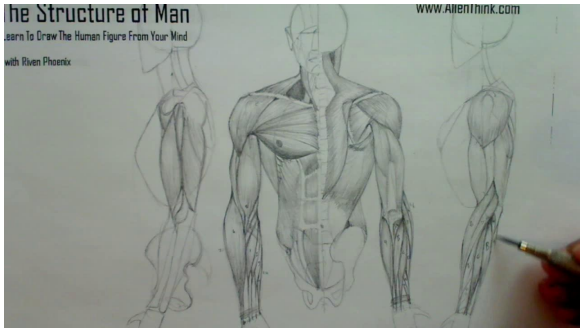
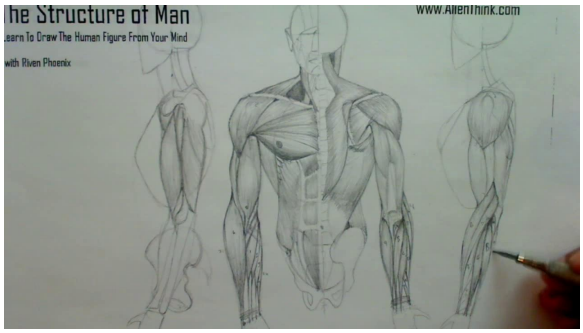
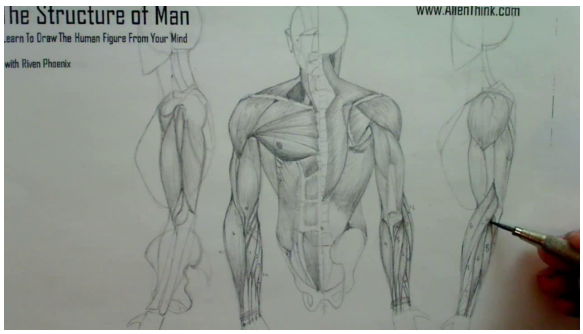
153		And there you go.
154		Right?
155		So now we understand why this ditch happens.
156		Because of how these muscles are wrapping around over here.

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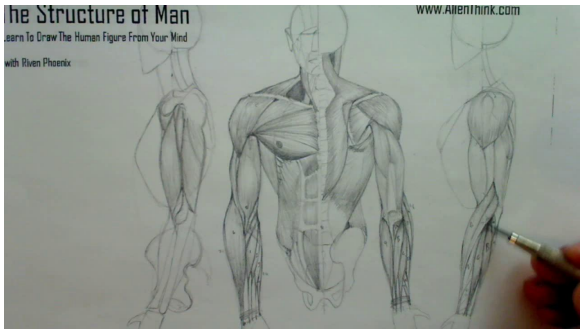
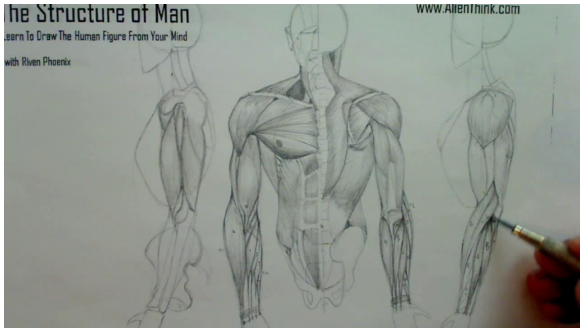
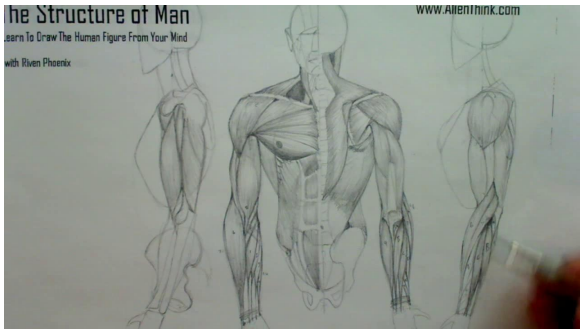
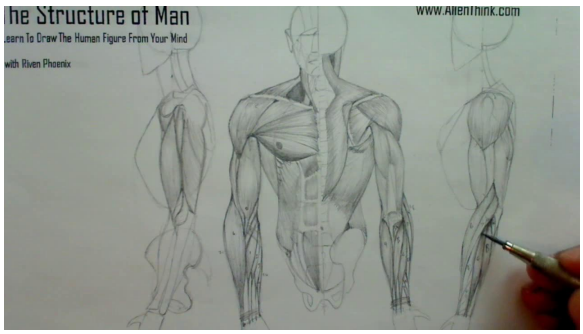
157		Right?
158		Now you understand this.
159		So in your drawing, you can show that as a ditch.
160		And over here.

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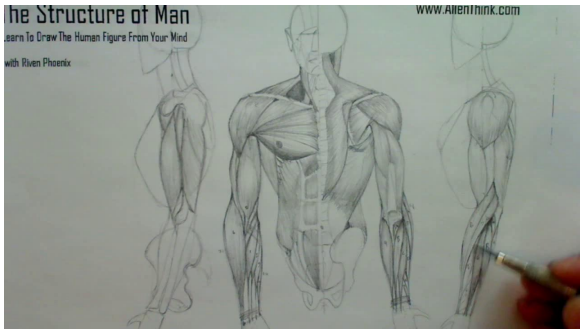
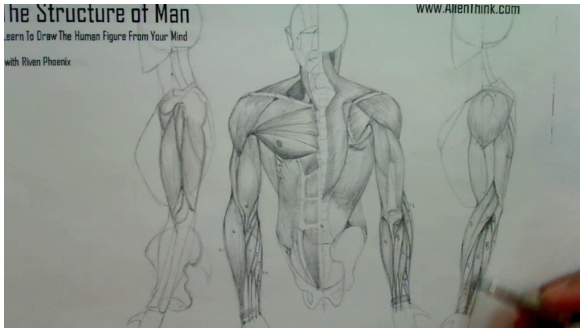
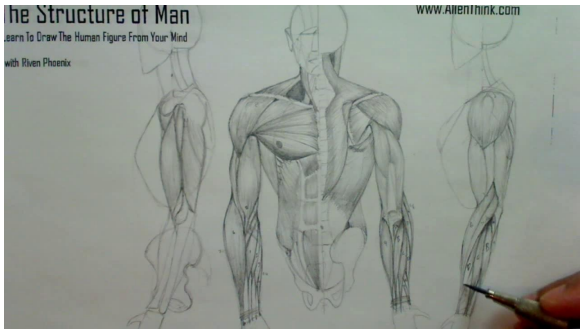
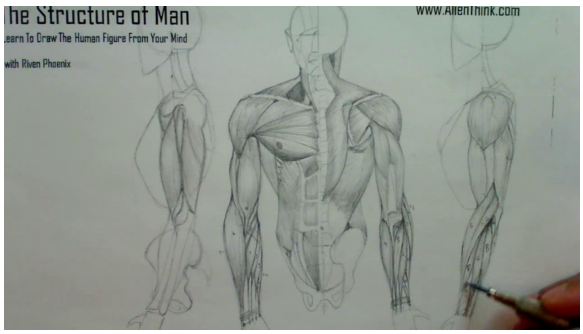
161		We're going to just.
162		This is D over here.
163		And I'm going to finish this up over here.
164		Right?

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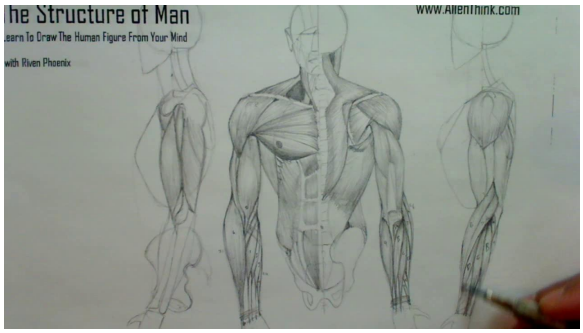
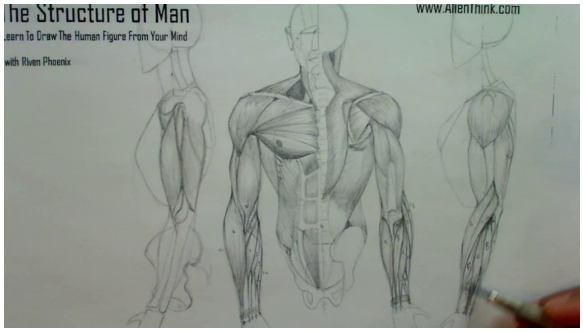
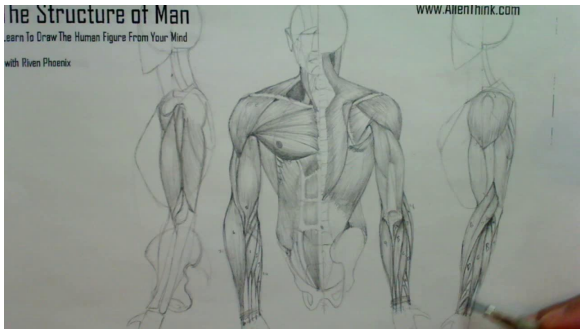
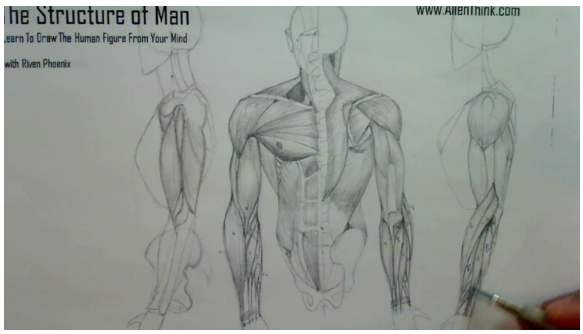
165		So really just attendants are just going about their business.
166		And we know that this always goes in this direction over here.
167		Right?
168		So we just need to show them like this over here.

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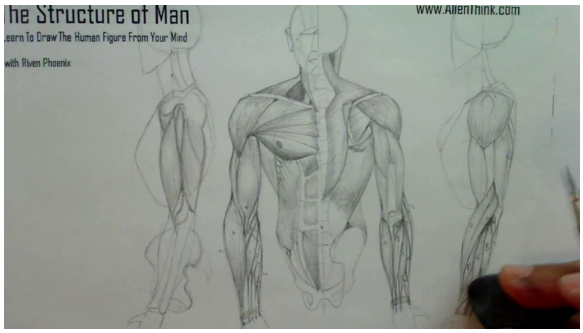
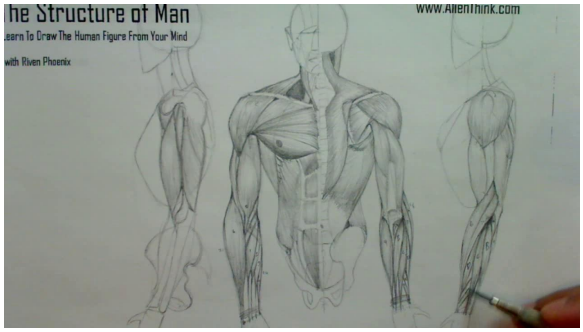
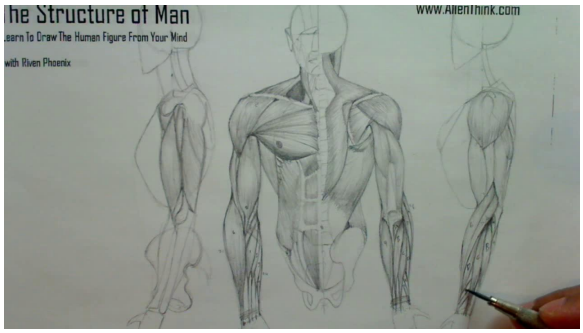
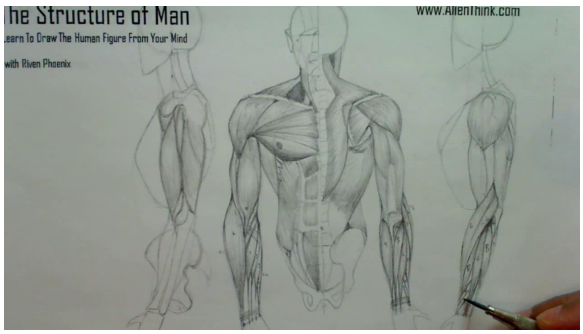
169		A sharpened pencil for that.
170		Right?
171		So this is E.
172		And then this is F.

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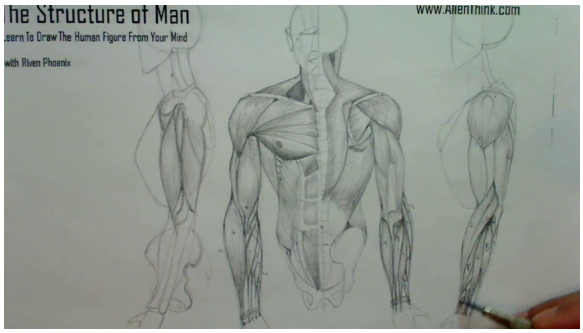
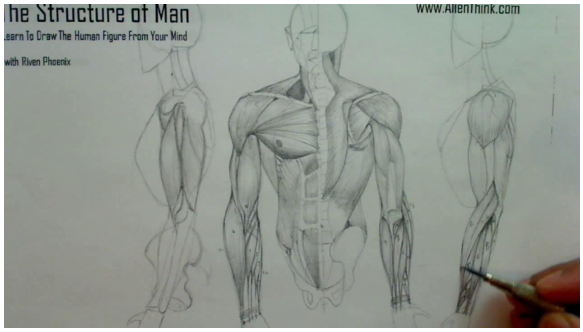
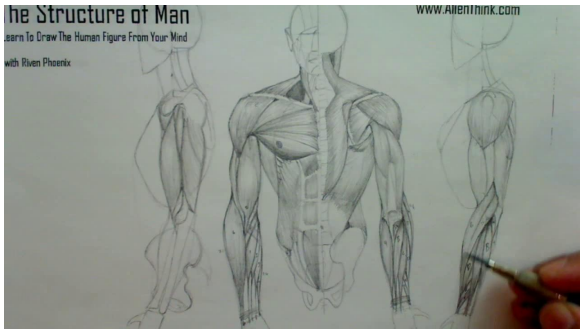
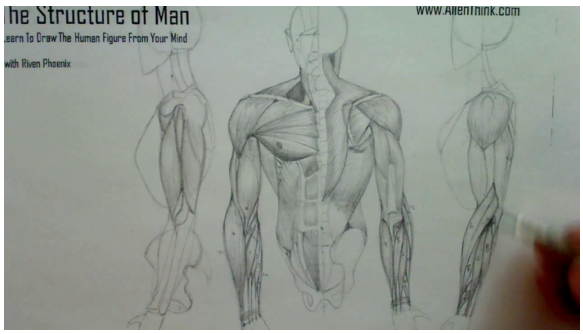
173		And they're just coming here to the side of the on.
174		Right?
175		So when asked you helping understand the muscles in the forearm, we can explain this.
176		You can explain this without any problems.

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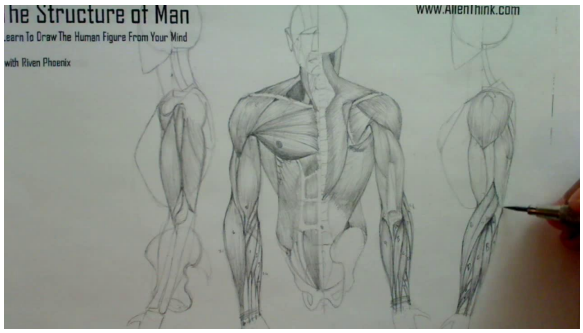
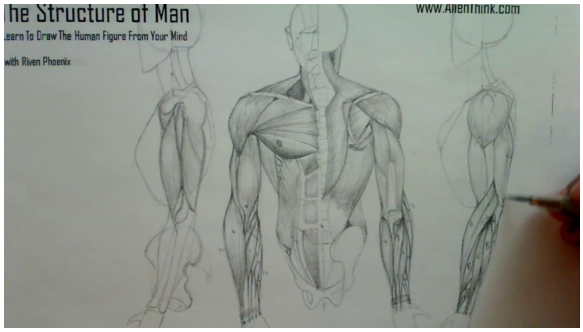
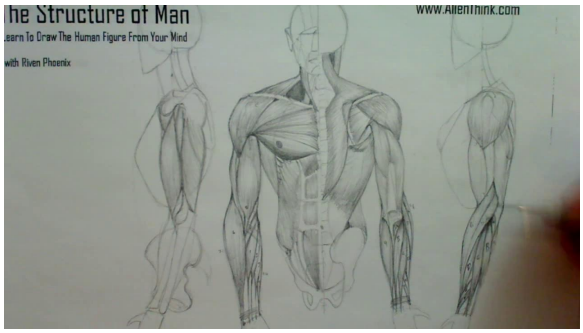
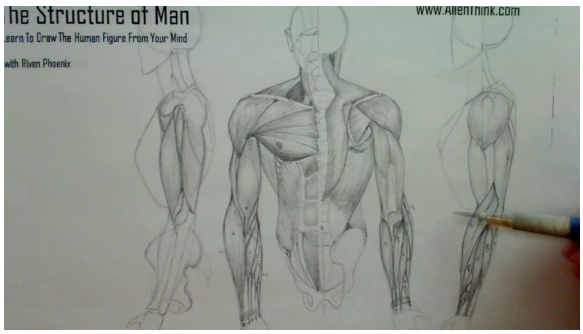
177		Right?
178		Because you understand the system.
179		And this in this.
180		I made this the system that we come up with that the mind has already mapped this into the brain.

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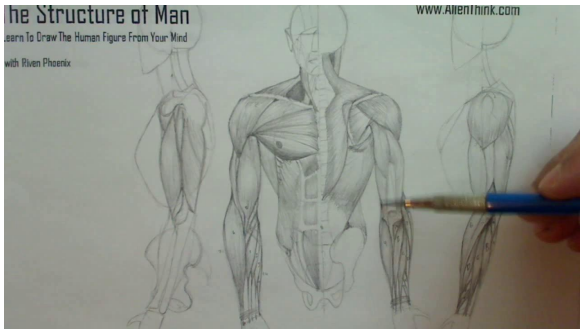
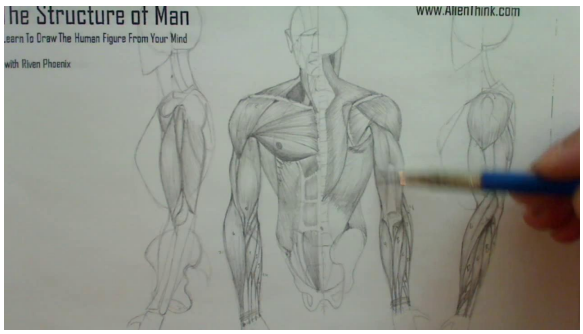
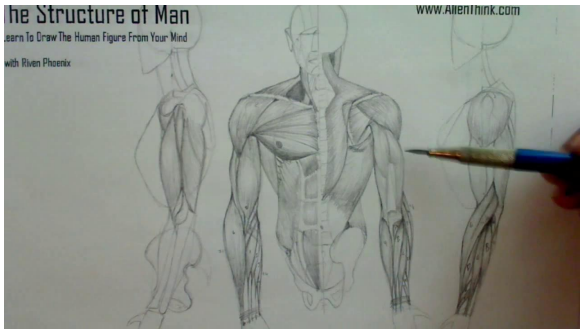
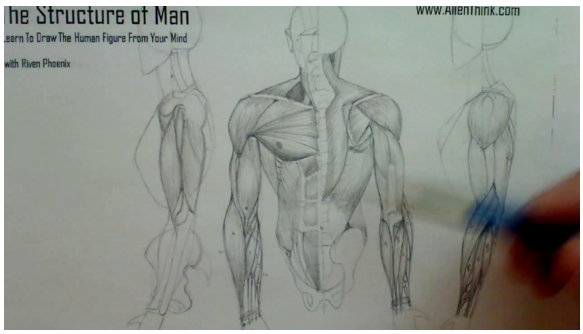
181		And it knows that exactly what is what's going to happen.
182		Right?
183		When we draw the mannequin, we just have to wrap the muscles around and it's understand.
184		Right?

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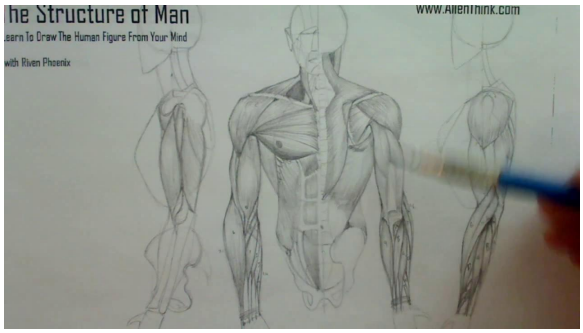
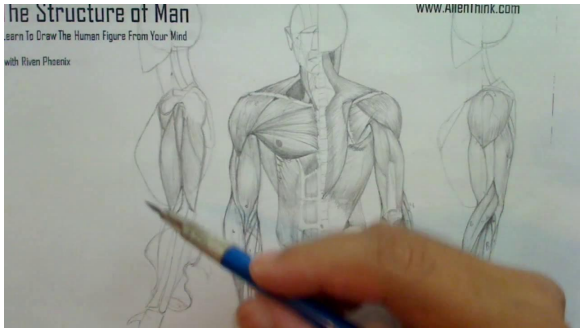
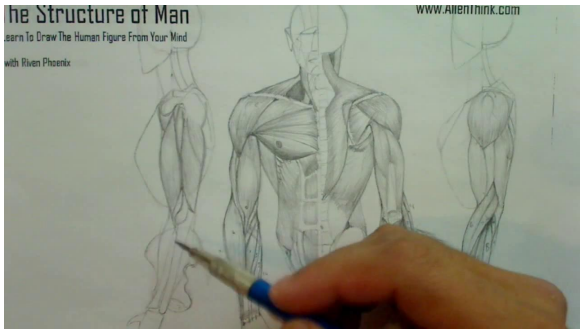
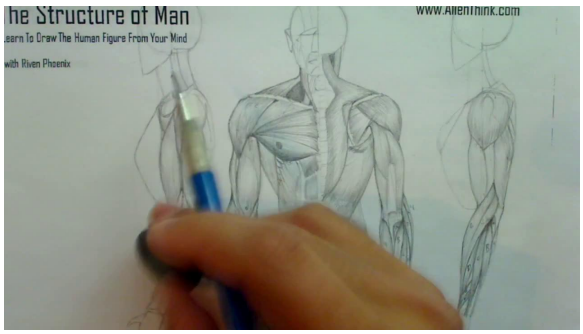
185		So now when you draw the mannequin, what's going to happen is that you can just draw out understanding these control lines.
186		So now let's look at this guy over here.
187		What's supposed to happen over here when we're looking it from the inside?
188		So this is going to be very easy.

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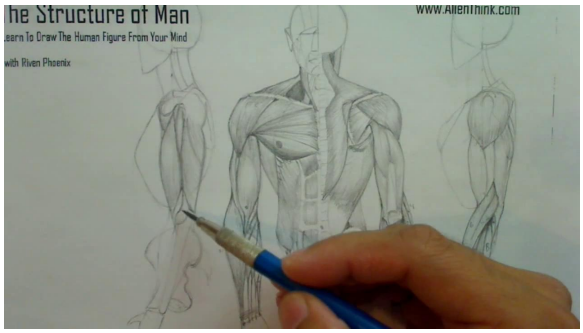
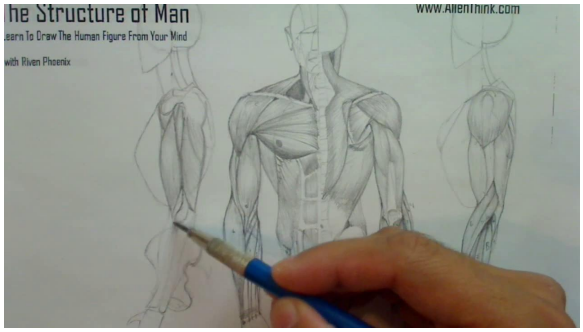
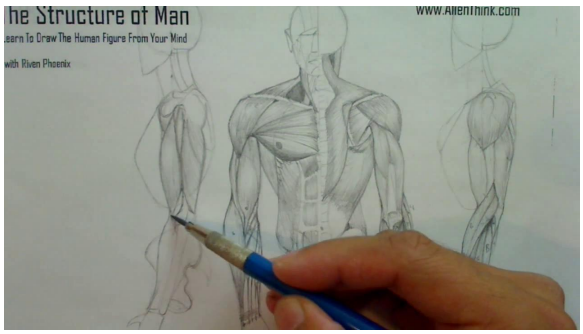
189		Right?
190		So we already know that, okay, look, this muscle here, I know wants to come to the top.
191		So he's going to go like this balloon now and he's going to stop being a muscle.
192		He's going to come all the way like this.

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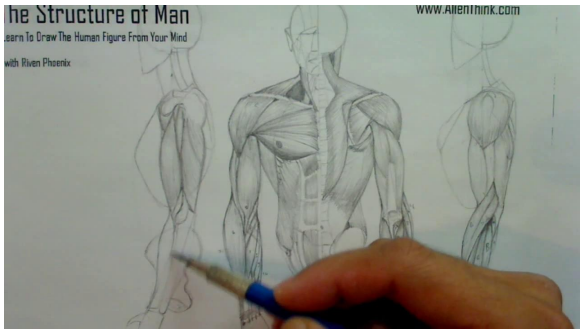
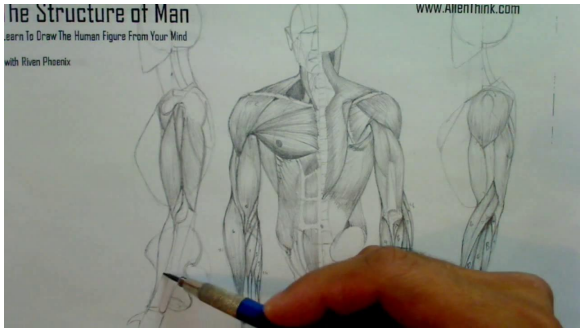
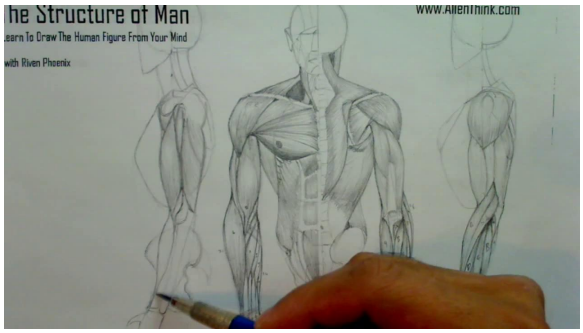
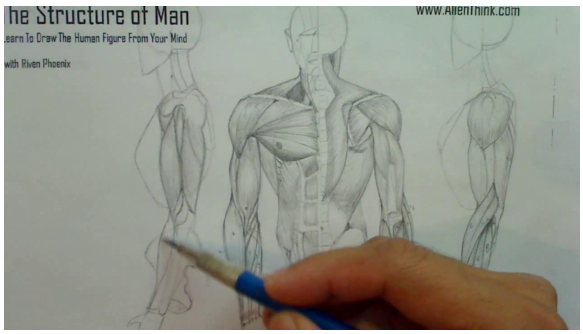
193		Right?
194		And then he's going to go over here.
195		Right?
196		So I know that his body, I really can't see him right now.

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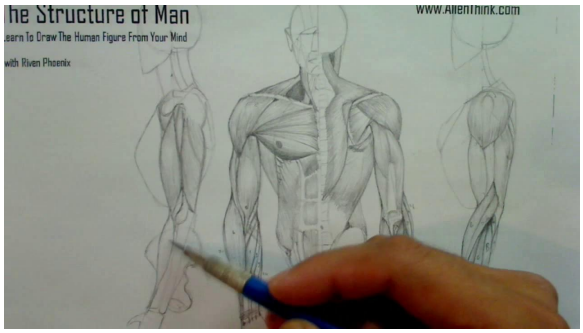
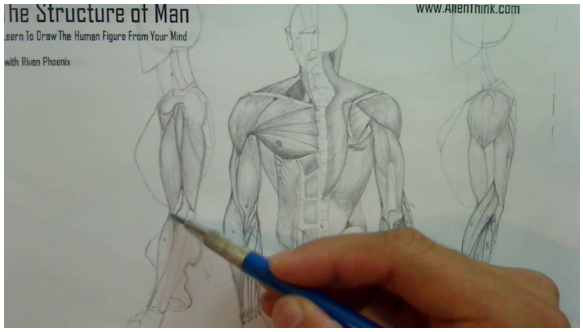
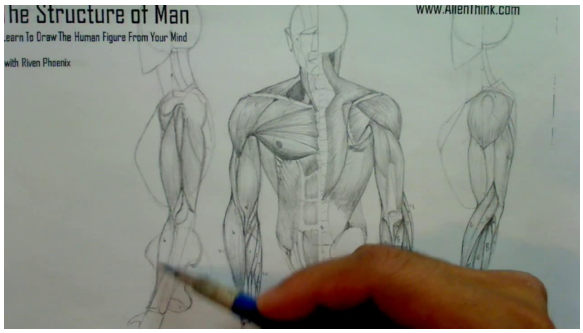
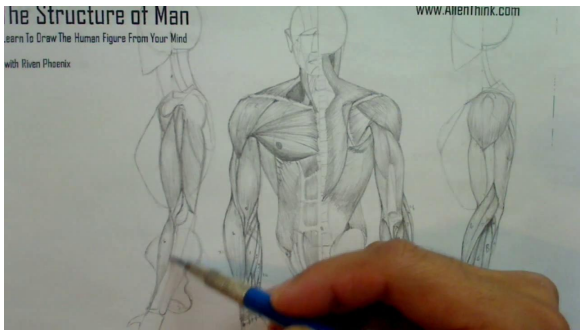
197		So he's going to be number six.
198		This guy is going to be number six.
199		Right?
200		Right over here.

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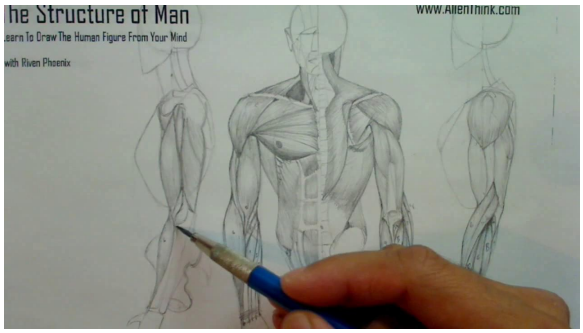
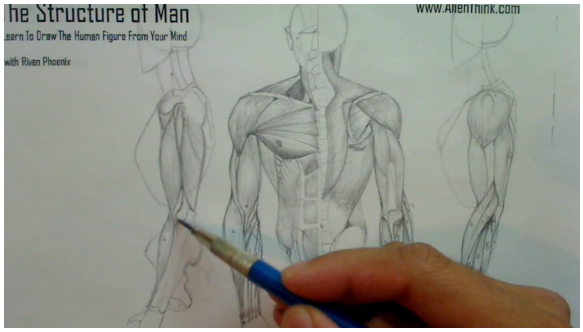
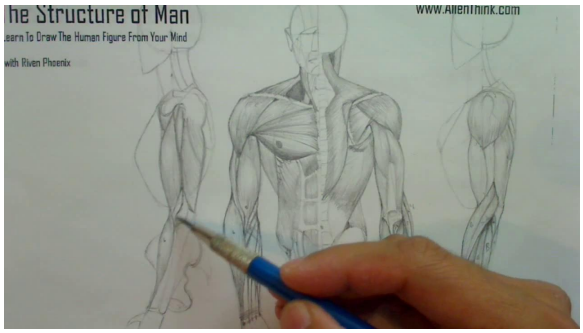
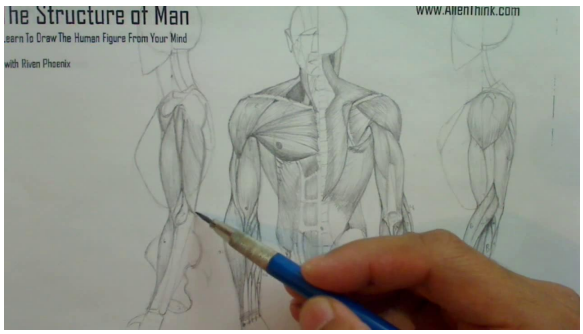
201		So over here.
202		Right?
203		Remember, this is the funny bone over here.
204		Right?

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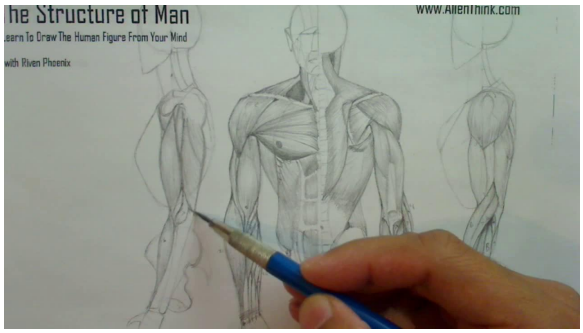
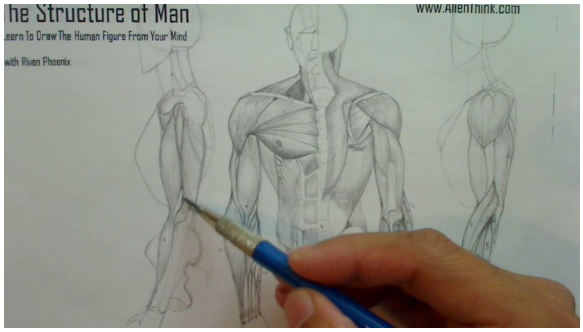
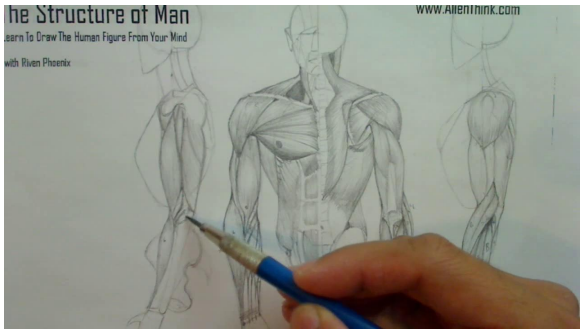
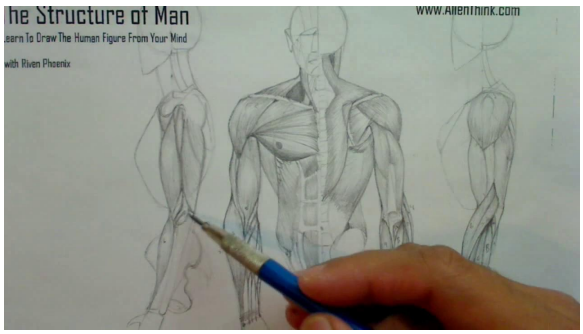
205		So what we're saying is it's going to, this whole system has to be understood over here.
206		Over here, you're just going to get this muscle over here.
207		Right?
208		So this is where the funny bone is.

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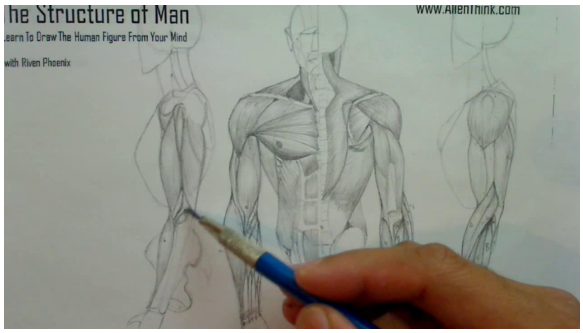
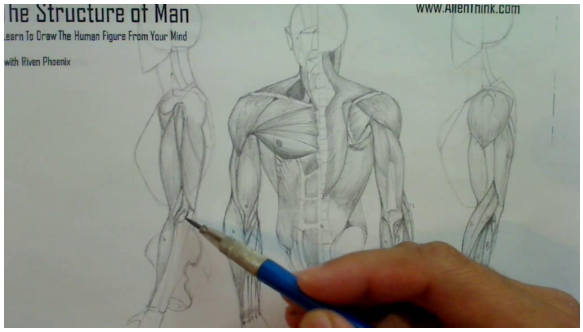
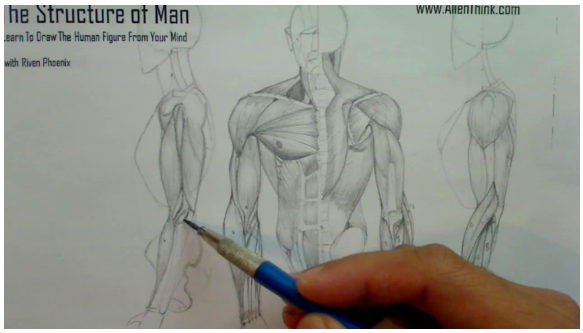
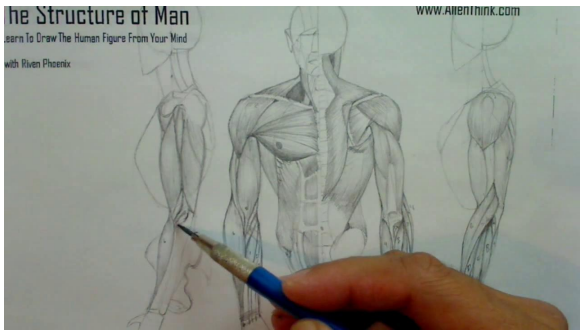
209		Basically, all of this, if you look, this is just a soft area, even on your arm.
210		Right?
211		So you're going to get the first guy.
212		He's going to be muscle number one.

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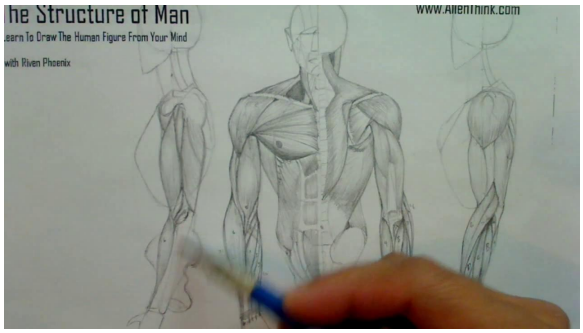
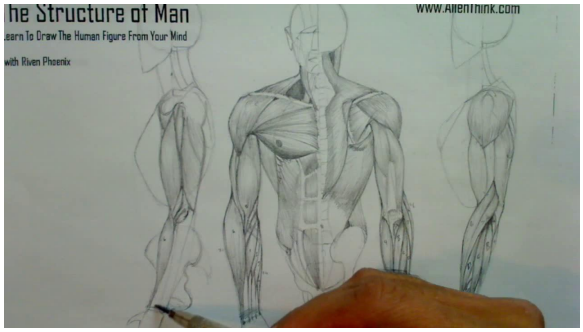
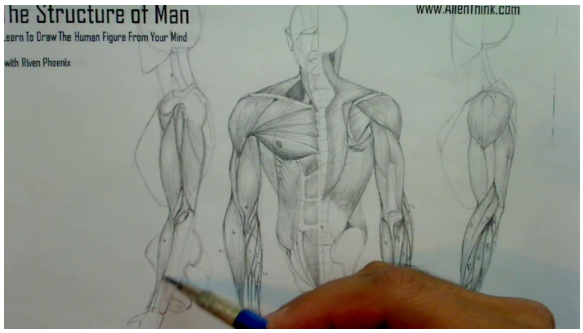
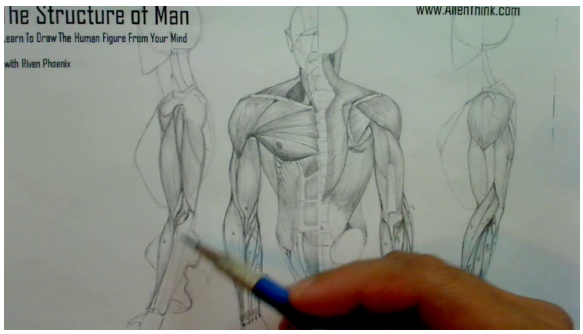
213		We know that right.
214		He's the guy who wants to connect over here.
215		Right?
216		We understand he wants to connect over here.

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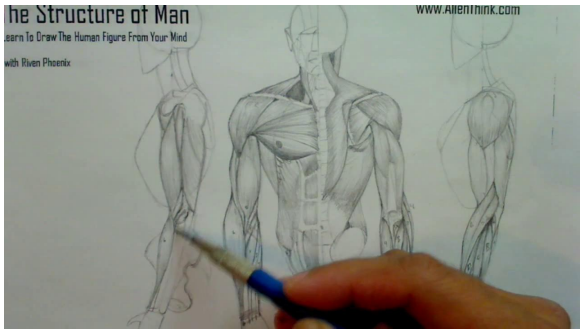
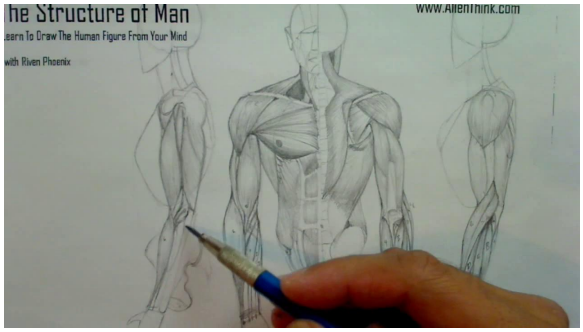
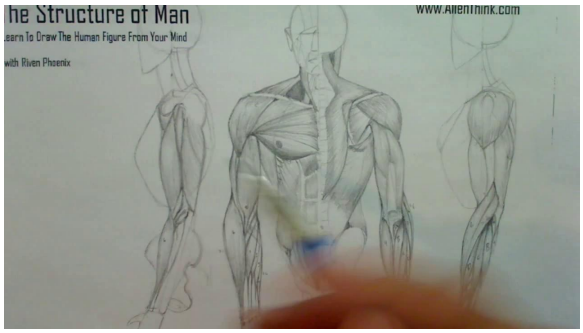
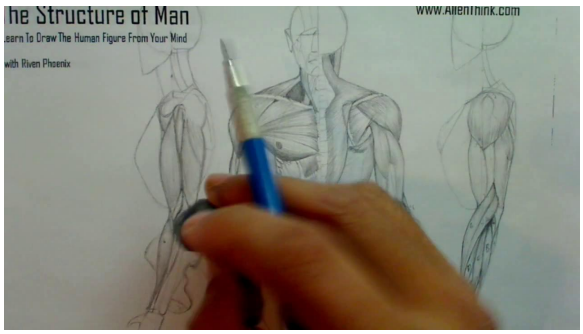
217		So I know that okay, I'm going to really just make this ball shape over here.
218		I know that this is really just number one.
219		Right?
220		Like you can just erase some of this stuff here to make it more softer.

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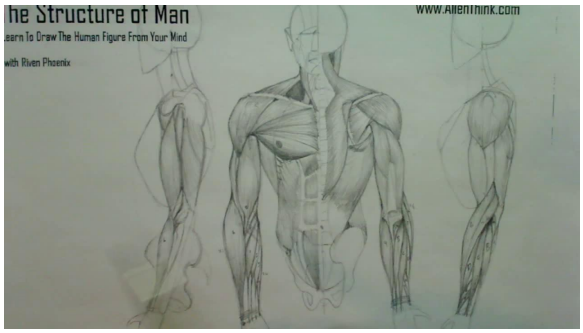
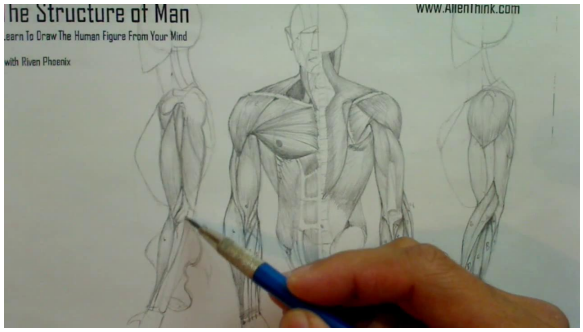
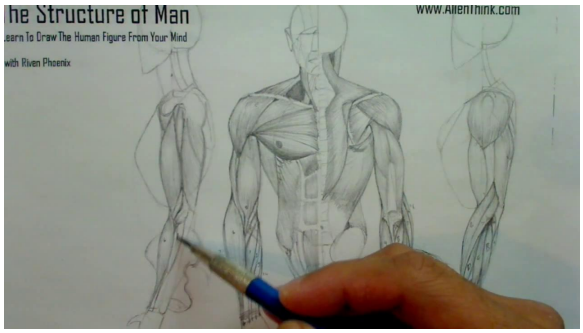
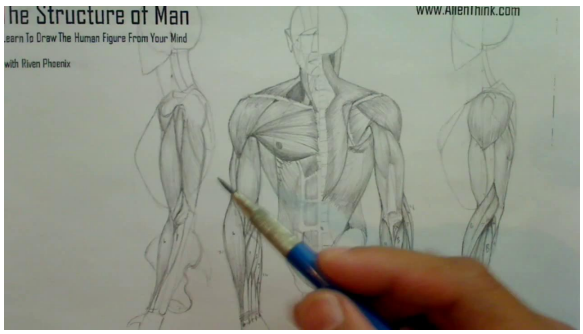
221		Right?
222		This is all connecting to the funny bone.
223		This is one.
224		Right?

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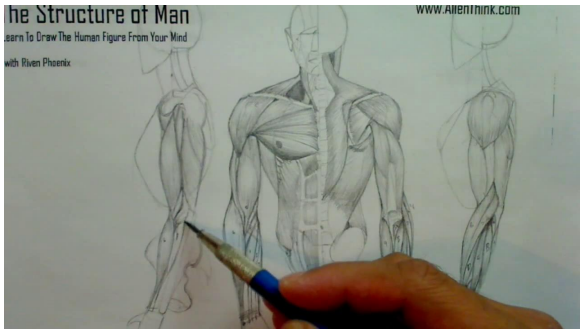
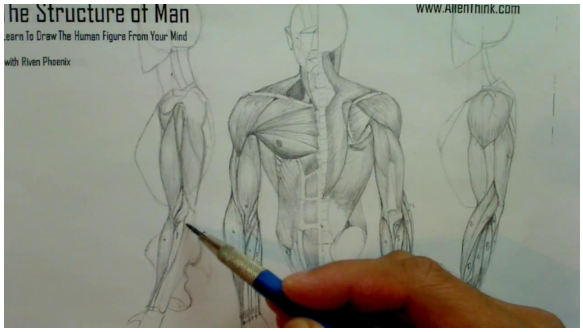
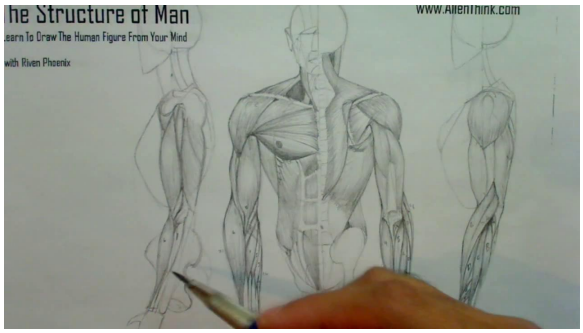
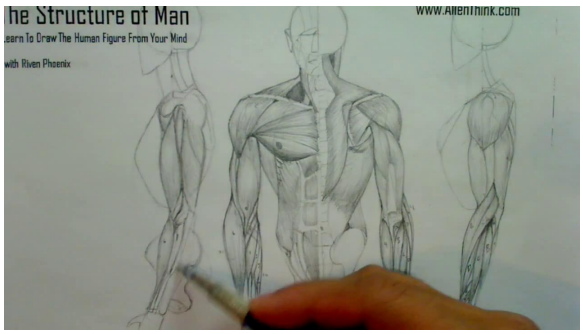
225		Then I know that okay.
226		Then we're going to get the second muscle.
227		And he's going to be a little bit shorter, but he's doing the same thing.
228		So here I'm going to get muscle number two.

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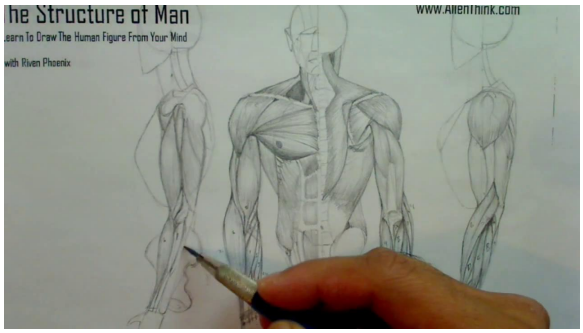
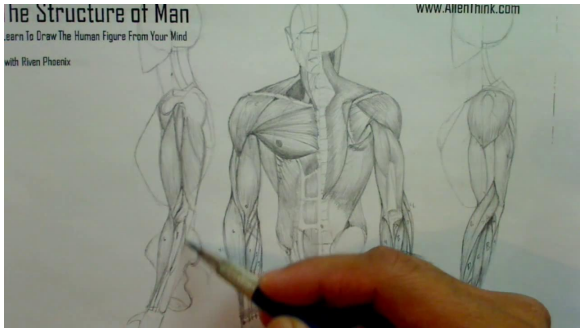
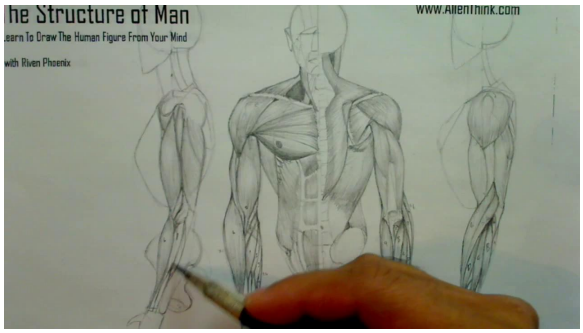
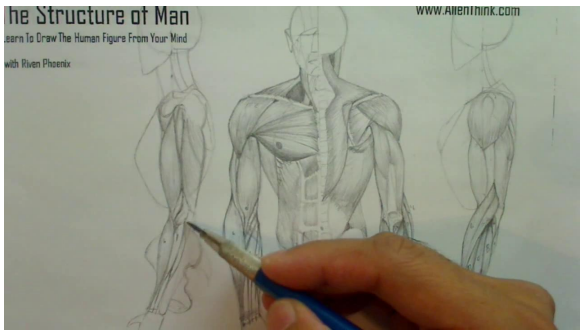
229		Right?
230		Don't be afraid to play around with these ideas here just to understand.
231		Because you're going to have to play around with them.
232		Right?

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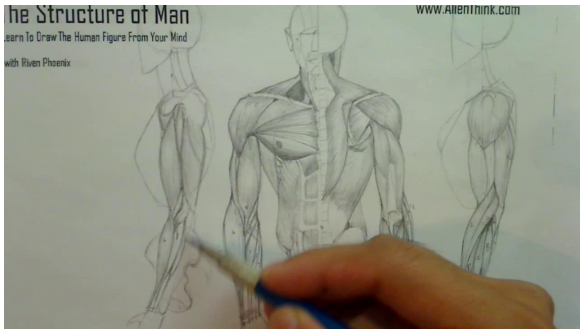
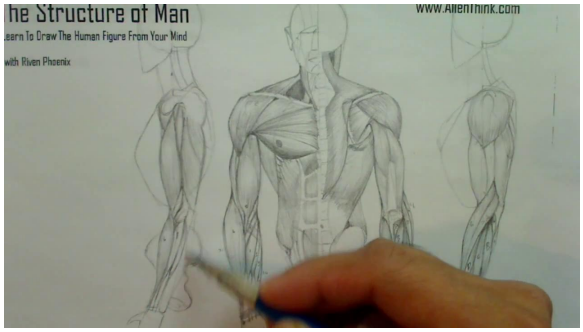
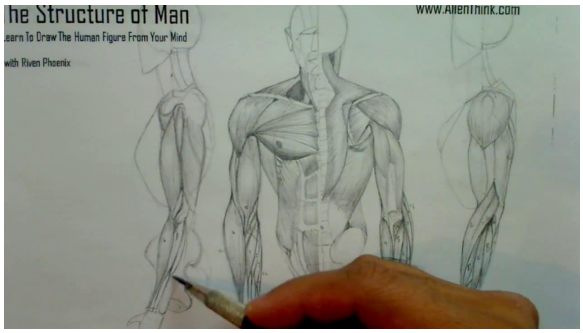
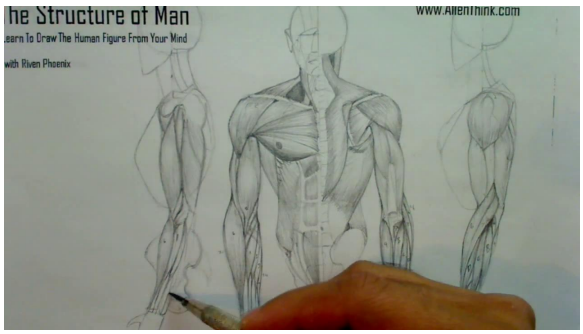
233		And then I'm going to get number three.
234		Right?
235		So number three is now connecting over here.
236		And this is the little bigger one.

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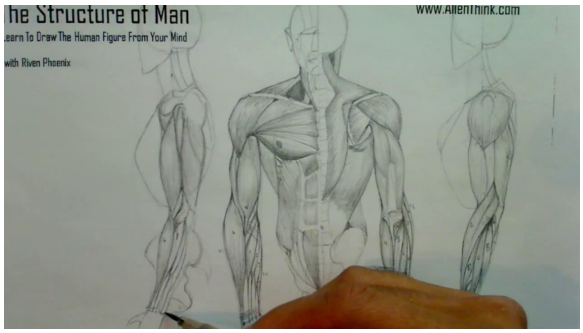
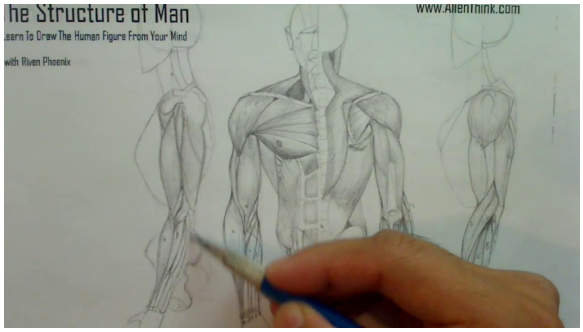
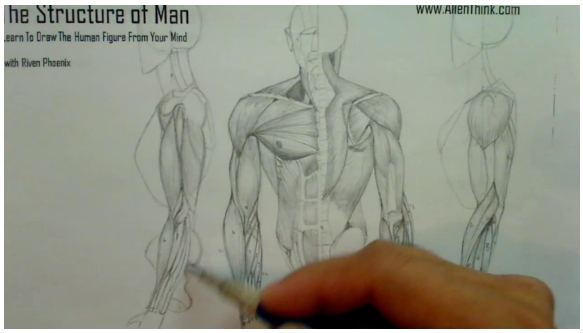
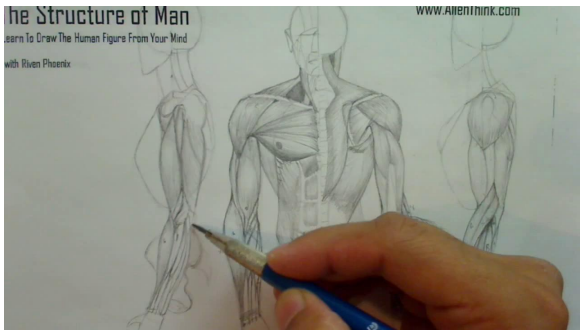
237		Then you're going to get number four, which is obviously the guy connecting from under here.
238		Right?
239		And then he's just going to balloon out like this.
240		Right?

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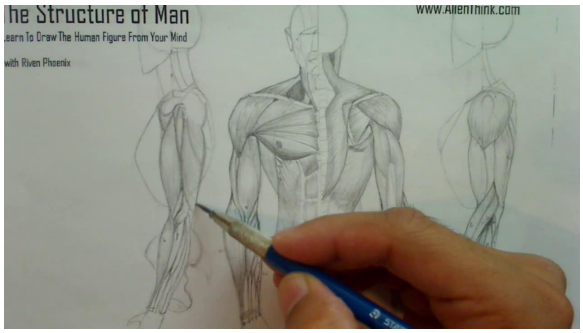
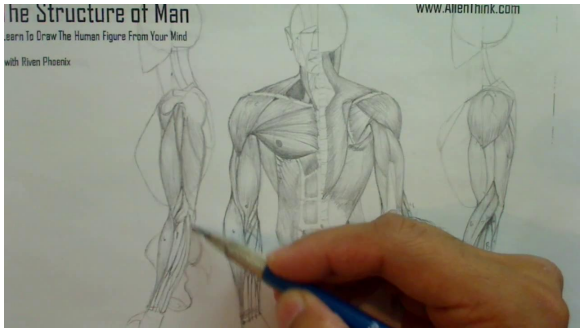
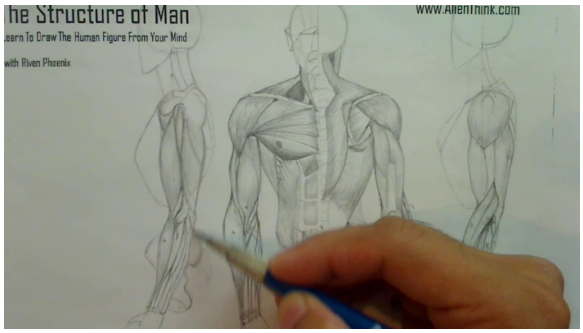
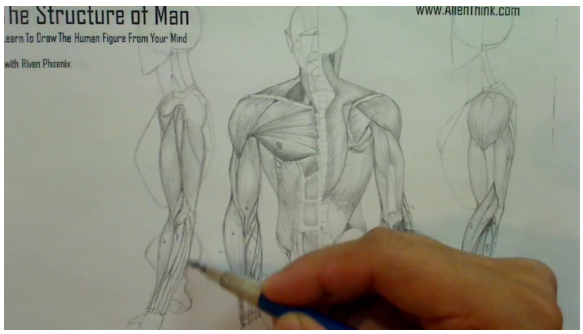
241		So where we have the elbow, we can now start to understand really all this system here.
242		Right?
243		He's going to go under here.
244		What's going to happen is this is just going to become more soft.

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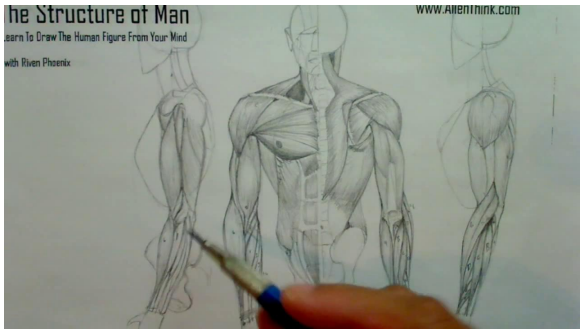
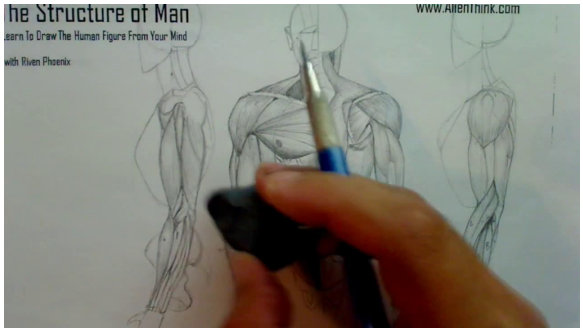
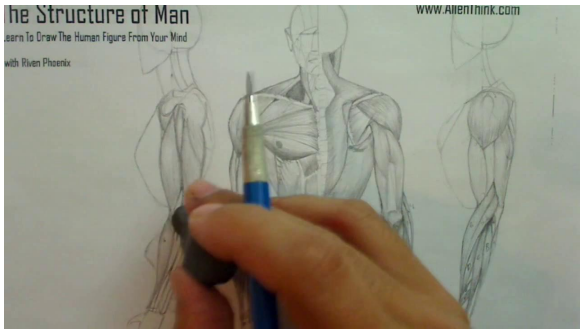
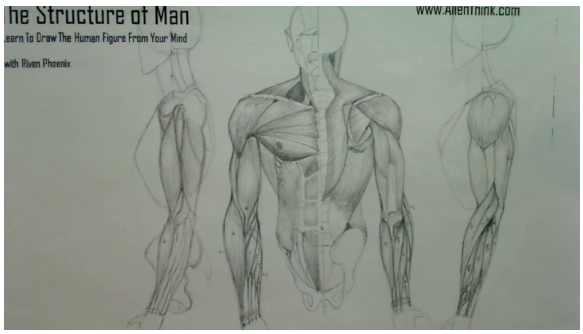
245		And again, we solved that problem.
246		Right?
247		Sometimes you're going to have to play with the ideas a little bit, but it should be very straightforward.
248		So here we're not going to just finish up this drawing and we've now conquered before on.

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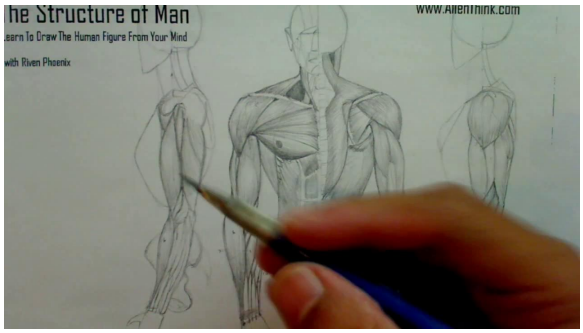
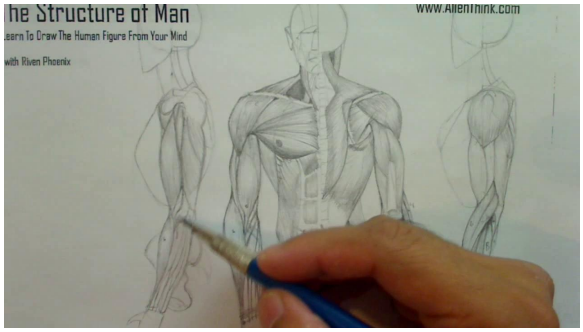
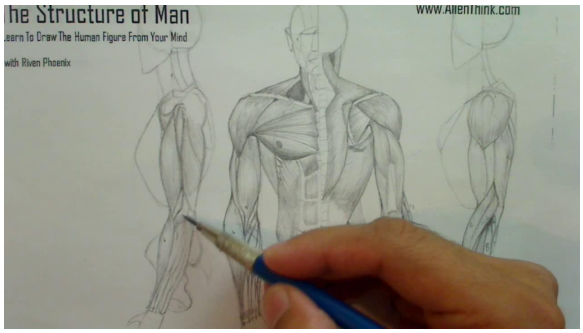
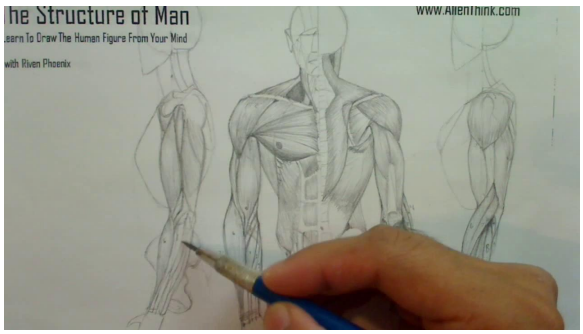
249		Right?
250		So here's the other muscle that I was talking about.
251		It's just going to be like this.
252		I know that okay.

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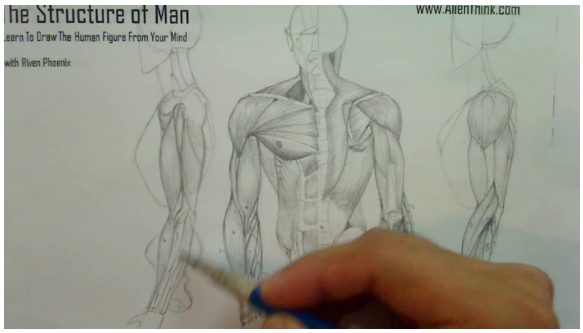
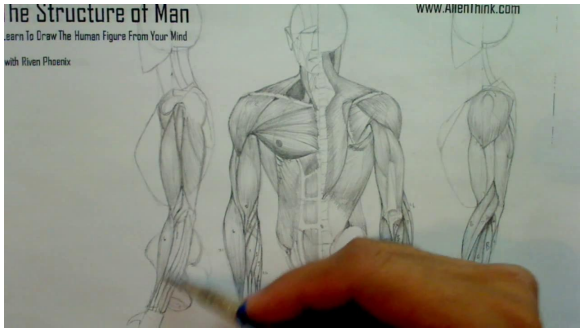
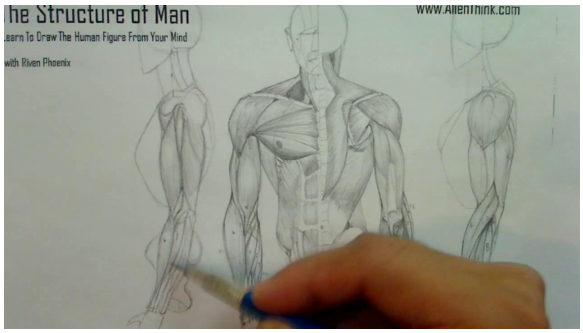
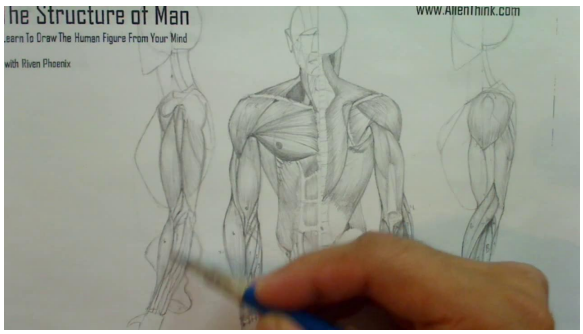
253		This is just number one over here.
254		So I'm just going to.
255		Putting the ideas here.
256		Remember, this is a hefty muscle number six.

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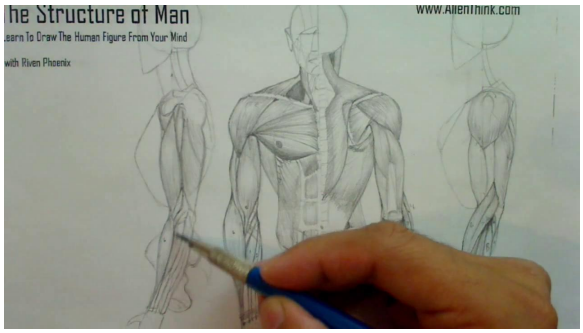
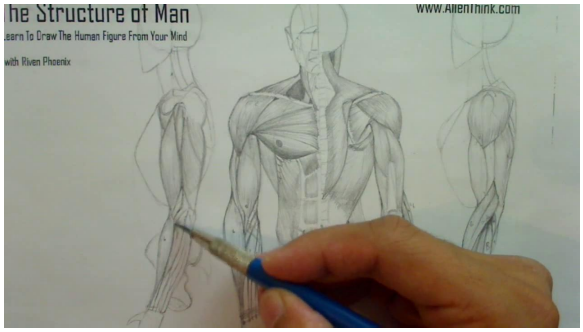
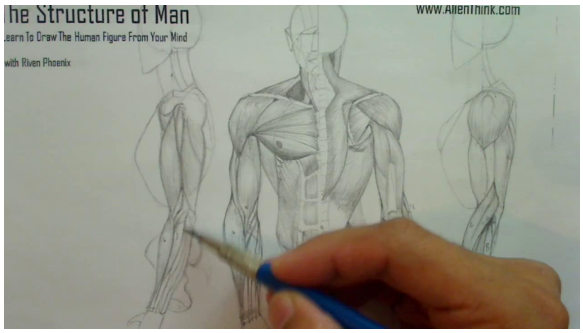
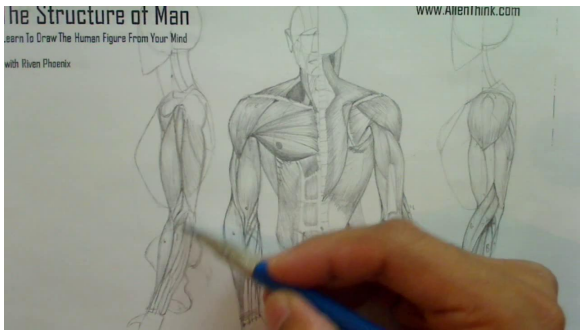
257		Right?
258		And this is why you're going to get that dish over here.
259		So I'm just going to.
260		Put the idea here for number one like this.

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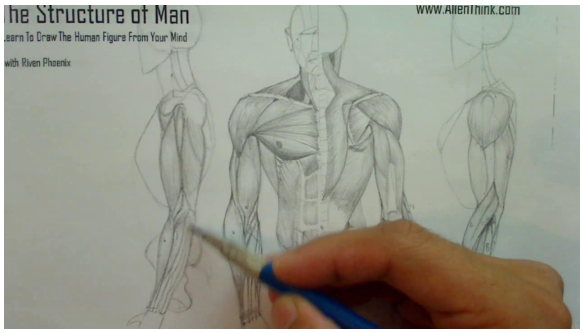
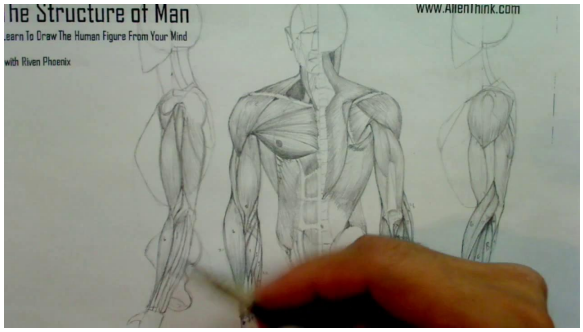
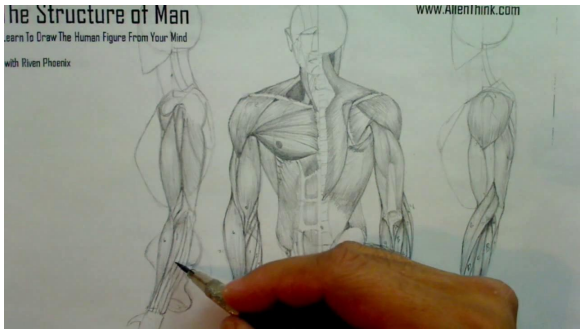
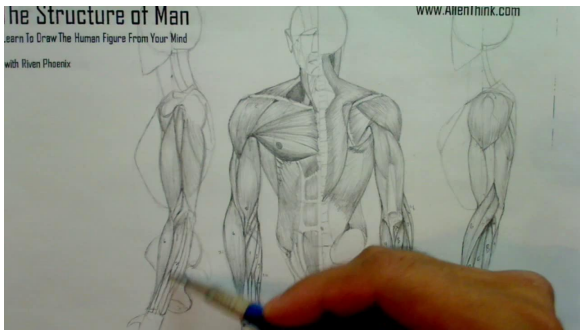
261		Then over here, I'm going to get number two.
262		Right?
263		So here's going to be number two.
264		And then I'm going to just put this over here like so.

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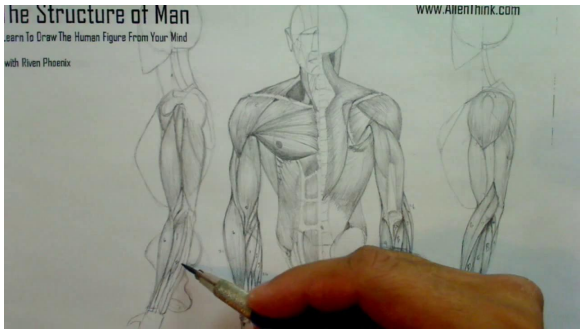
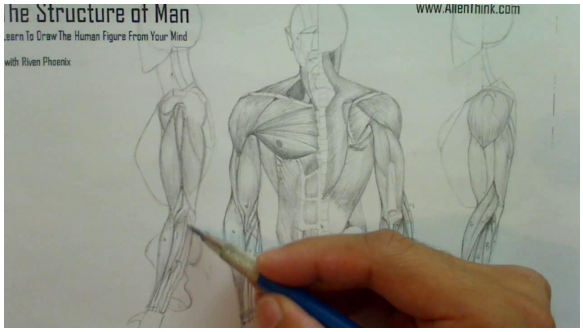
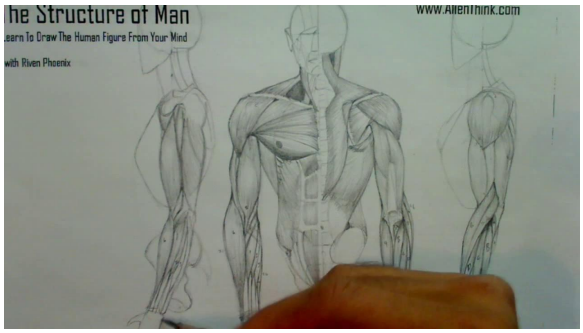
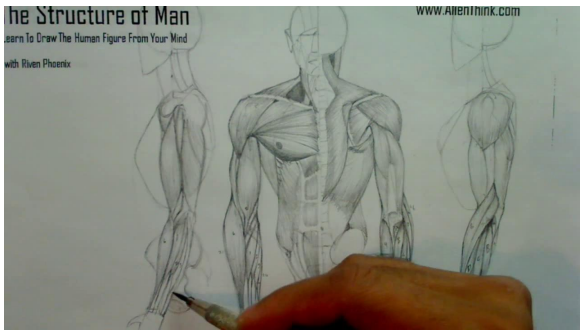
265		Then I'm going to get number three.
266		And I know that right number three is also coming to the palm of the hand.
267		And number four is the really the guy who's going to come to the palm but really to the.
268		To that side over there.

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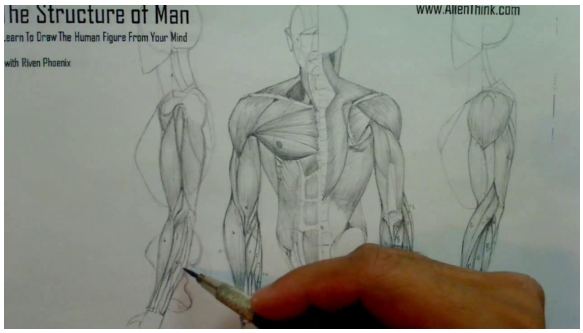
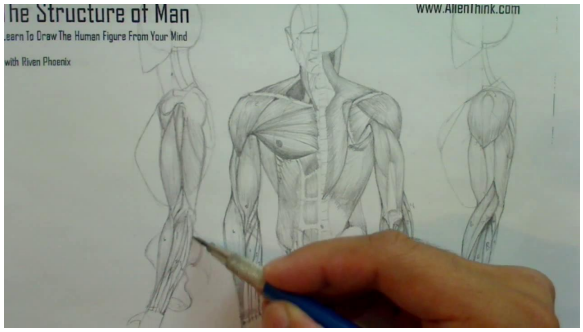
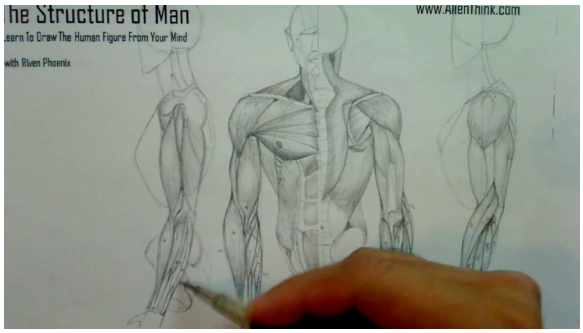
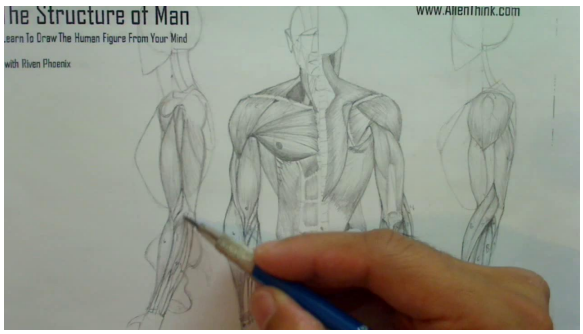
269		This is number four, but he's really more about being.
270		He's kind of like big.
271		That's why we get this whole soft area that your elbow and the basically over here is going to be your.
272		Your funny bone over here.

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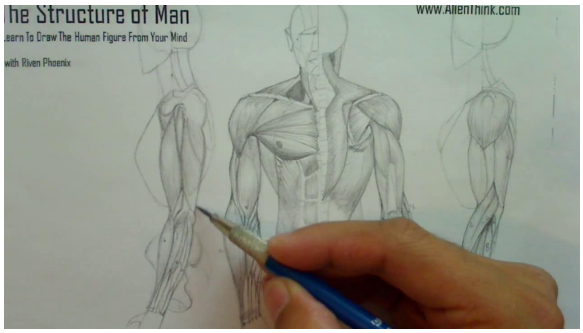
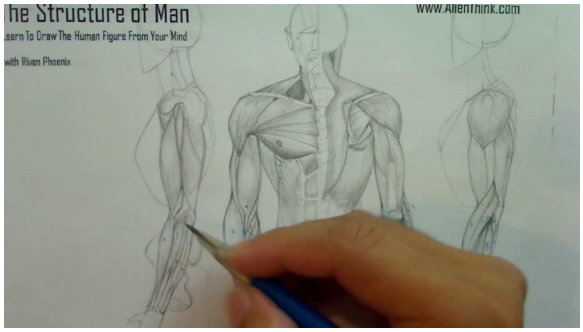
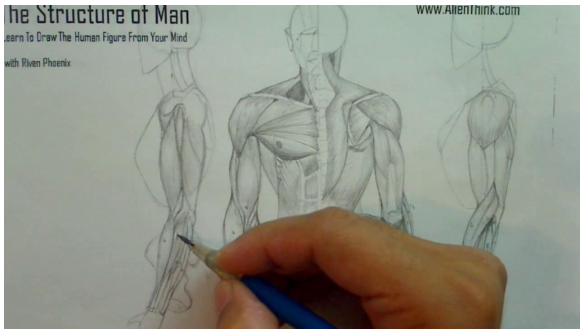
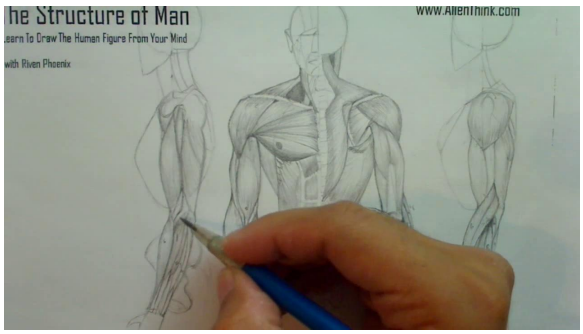
273		Right?
274		And that's it.
275		So it's number one.
276		And then this here we said this is number five.

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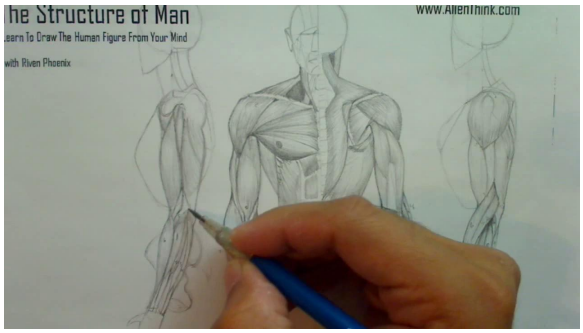
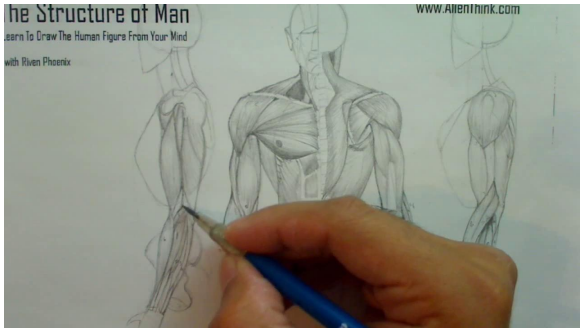
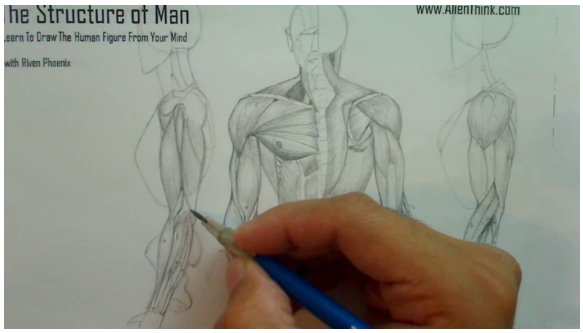
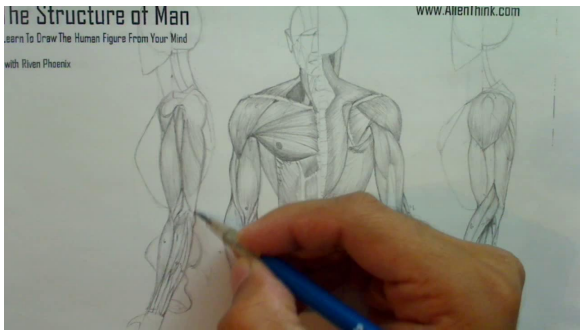
277		Right?
278		So they're just going to blend into each other.
279		Like this.
280		And that's it.

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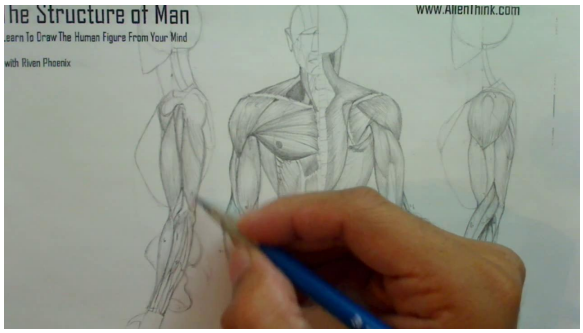
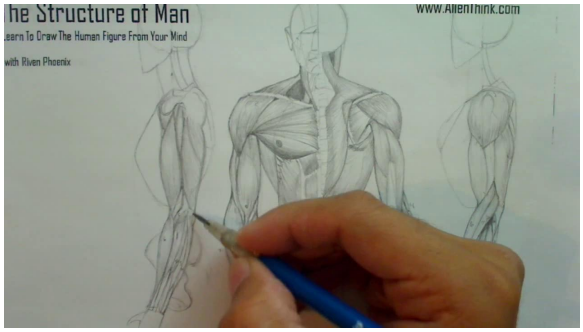
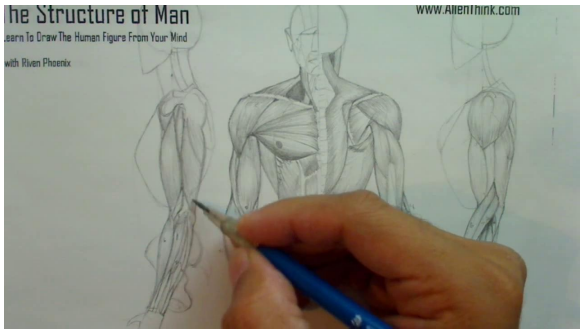
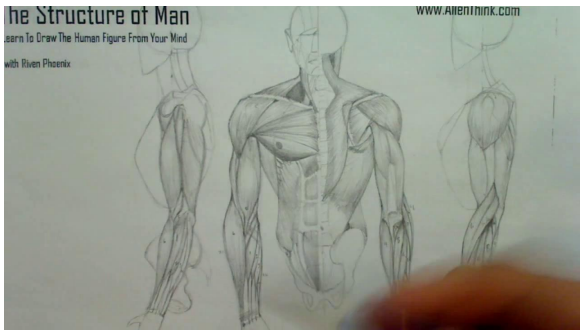
281		Right?
282		So that was easy.
283		Now we are.
284		So I'll see you in the next lesson over.

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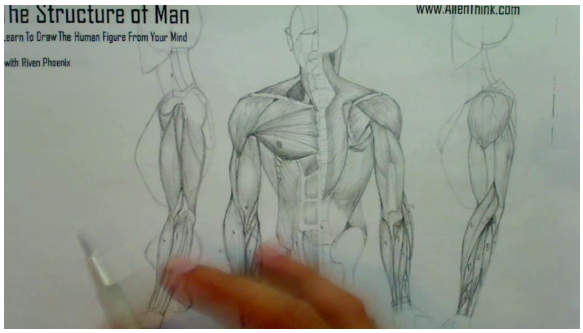
285		We begin to see how to use this information.

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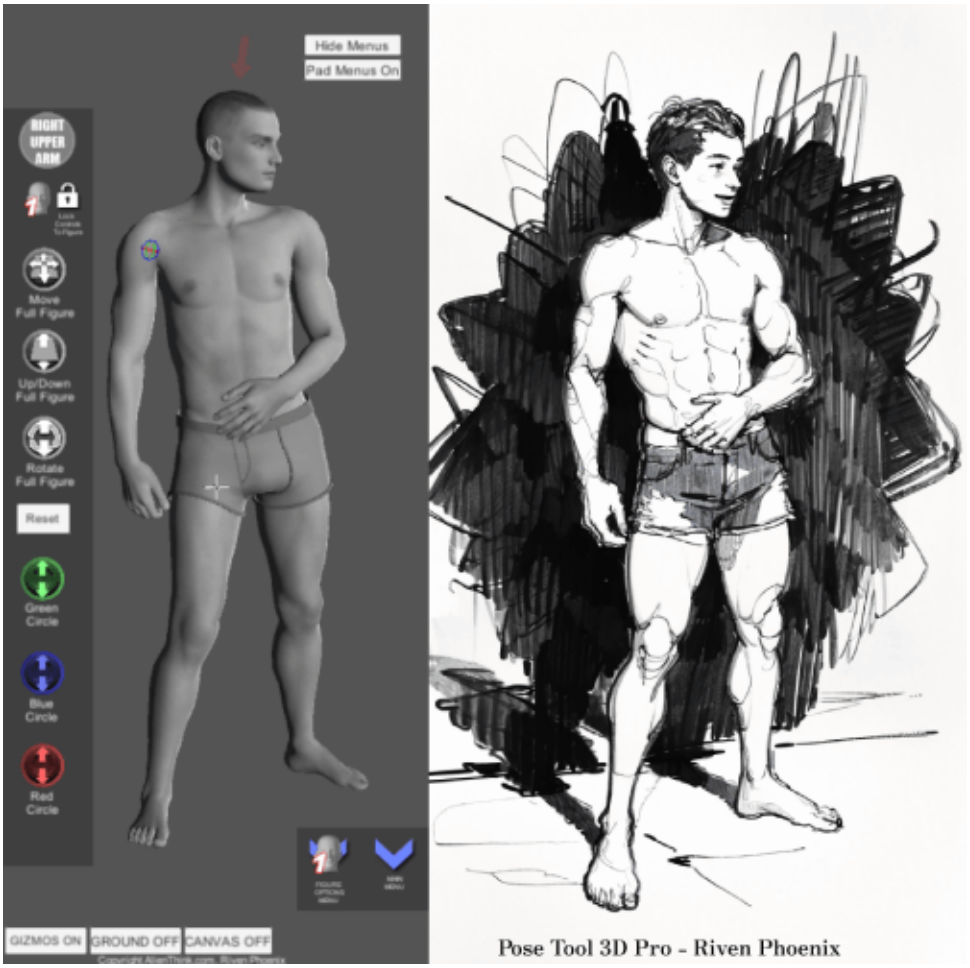

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